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Introduction

The purpose of this publication is to help ensure that meals served under the National School Lunch and Breakfast Programs meet program requirements. It is the principal tool to determine the contribution foods make toward the meal requirements whether foods are produced onsite or purchased commercially. It will help food service personnel and purchasing agents to buy the right amount of food and buy it most economically.

This guide is based on the latest Federal regulations and meal pattern requirements. It takes into account current food production and marketing techniques, packaging methods, and grading standards. It also reflects changing food habits in the American population by including, for example, more raw vegetables and more ethnic foods. The addition of Section 6, Commercially Prepared Foods, reflects the increased number of foods processed for the school food service industry.

The guide gives average yield information on over 600 food items. This information is essential in calculating quantities of food to purchase in order to meet the requirements for the components of the meal patterns. Yields will be influenced by:

- the quality and condition of the food you buy
- storage conditions and handling
- the equipment used in preparation
- the cooking method and time
- the form in which you serve the food (for example, mashed, fried, or baked potatoes)
- serving utensils and portion control.

The data in this guide are based on laboratory testing by the Science and Education Administration, U.S. Department of Agriculture (USDA). They are also consistent with the standards of the Food Safety and Quality Service, USDA; the National Marine Fisheries Service, U.S. Department of Commerce; and the Food and Drug Administration, U.S. Department of Health, Education and Welfare. This *Food Buying Guide for School Food Service* will be periodically reviewed and individual pages or entire sections will be reissued to keep the publication current.

Meal Patterns

Chart 1 presents the complete meal pattern for the National School Lunch Program with the amounts of food for boys and girls of various ages and grades. For guidance in using this pattern to plan lunches refer to PA-1260, *Menu Planning Guide for School Food Service*. The School Breakfast Program meal requirements and recommendations are shown in chart 2.

USDA recommends, but does not require, that portions be adjusted by age group to better meet the food and nutritional needs of children according to their ages. The amount of food listed under Groups I-IV indicates minimum requirements for the age and grade groups specified. If you do not adjust portions, it is important that you assure that the oldest age group served receives the minimum amount for that age group.

Dietary Guidelines for Americans

In planning, purchasing, and preparing school meals, you should apply the following guidelines, summarized from *Nutrition and Your Health: Dietary Guidelines for Americans*, developed jointly by the U.S. Department of Agriculture and the U.S. Department of Health, Education, and Welfare. These guidelines can contribute to the good health of students:

- Eat a variety of foods
- Maintain ideal weight
- Avoid too much fat, saturated fat, and cholesterol
- Eat foods with adequate starch and fiber
- Avoid too much sugar
- Avoid too much sodium.

The Food Buying Guide incorporates these guidelines in the following ways. In Bread / Bread Alternates, Section 3, it is noted that some of the products may contribute excessive amounts of salt, sugar, and / or fats, and you should consider this in deciding which products to use and how often. Section 3 has been expanded to include many bread alternates, such as rice, pasta, and other grain products, which may be counted toward the bread requirement.

The yield data for canned fruits in Section 2 (Vegetables and Fruits) includes, whenever possible, yields for fruits packed in natural juices or light syrup. The increased use of fresh vegetables at salad bars has prompted the addition of yield data for numerous raw vegetables. Section 4, Milk, reflects the requirement that you offer unflavored lowfat or skim milk or buttermilk.

OL LUNCH PATTERNS FOR VARIOUS AGE/GRADE GROUPS U.S. Department of Agriculture, National School Lunch Program USDA recommends, but does not require, that you adjust portions by age/grade RECOMMENDED group to better meet the food and nutritional needs of children according to their Preschool QUANTITIES QUANTITIES? ages. If you adjust portions, Groups I-IV are minimum requirements for the Grades Grades age/grade groups specified. If you do not adjust portions, the Group IV portions Grades K-3 4-121 in the shaded column are the portions to serve all children. 7-12 ages 1-2 ages 3-4 ages 5-8 COMPONENTS age 9 & over age 12 & over (Group I) (Group II) (Group III) (Group IV) (Group V) SPECIFIC REQUIREMENTS MEAT A serving of one of the following or a Must be served in the main dish or the main dish and combination to give an equivalent quantity: OR MEAT one other menu item. Lean meat, poultry, or fish Textured vegetable protein products, cheese alternate 1 oz 11/2 OZ 11/2 OZ (edible portion as served) 2 oz products, and enriched macaroni with fortified protein **ALTERNATE** 3 oz may be used to meet part of the meat/meat alternate Cheese 1 oz 11/2 oz requirement. Fact sheets on each of these alternate 11/2 oz 2 oz 3 oz foods give detailed instructions for use. Large egg(s) NOTE: The amount you must serve of a single meat 11/2 11/2 3 alternate may seem too large for the particular age group you are serving. To make the quantity of that meat 3/4 cup Cooked dry beans or peas 1/2 cup 3/4 cup 1 cup 11/2 cup alternate more reasonable, use a smaller amount to meet part of the requirement and supplement with another Peanut butter 2 Tbsp 3 Tbsp 3 Tbsp 4 Tbsp meat or meat alternate to meet the full requirement. 6 Tbsp **VEGETABLE** Two or more servings of vegetable or fruit 1/2 cup 1/2 cup 3/4 cup 1/2 cup 3/4 cup No more than one-half of the total requirement may be or both to total met with full-strength fruit or vegetable juice. AND/OR · Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal. FRUIT BREAD Servings of bread or bread alternate 5 per 8 per 8 per 8 per 10 per At least ½ serving of bread or an equivalent quantity of bread alternate for Group I, and 1 serving for Groups A serving is: OR BREAD II-V, must be served daily. week week week week week • 1 slice of whole-grain or enriched bread • Enriched macaroni with fortified protein may be used · A whole-grain or enriched biscuit, as a meat alternate or as a bread alternate but not as **ALTERNATE** roll, muffin, etc. both in the same meal. • ½ cup of cooked whole-grain or enriched rice, macaroni, noodles, whole-grain or NOTE: Food Buying Guide for School Food Service, enriched pasta products, or other cereal PA-1257 (1980) provides the information for the grains such as bulgur or corn grits minimum weight of a serving. A combination of any of the above At least one of the following forms of milk must be MILK 3/4 cup 3/4 cup ½ pint A serving of fluid milk ½ pint ½ pint offered: Unflavored lowfat milk (6 fl oz) (8 fl oz) (8 fl oz) (6 fl oz) (8 fl oz) Unflavored skim milk Unflavored buttermilk NOTE: This requirement does not prohibit offering other milks, such as whole milk or flavored milk, along with one or more of the above.

CHART 1

'Group IV is shaded because it is the one meal pattern which will, satisfy all requirements if no portion size adjustments are made.

²Group V specifies recommended, not required, quantities for students 12 years and older. These students may request smaller portions, but not smaller than those specified in Group IV.



CHART 2. School Breakfast Pattern

Components	Minimum Required Quantities
Fruit or Vegetable Fruit or Vegetable or Fruit Juice	
or Vegetable Juice	1/2 cup
Bread or Bread Alternate One of the following or combination to give an equivalent quantity • A serving (1 slice) of whole-grain or enriched bread • A serving of biscuits, rolls, muffins, etc., whole-grain	1 serving

Fluid Milk

or enriched

• A serving (3/4 cup or 1 ounce, whichever is less)

of whole-grain or enriched or fortified cereal

Recommendations

To help meet children's nutritional needs, breakfast should also contain as often as possible:

Meat or meat alternate—a 1-ounce serving (edible portion as served) of meat, poultry, or fish; or 1 ounce of cheese; or 1 egg; or 2 tablespoons of peanut butter; or an equivalent amount of any combination of these foods.

Also, plan to include:

- Vitamin C foods frequently.
- Foods for iron each day.

See the *Menu Planning Guide for School Food Service*, PA 1260, for lists of these foods.

Abbreviations and Symbols

AP EP cyl pkg wt lb	as purchased edible portion cylinder package weight pound ounce	g kg fl oz pt qt gal tsp	gram kilogram fluid ounce pint quart gallon teaspoon	mL L incl	tablespoon milliliter liter including excluding
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Chart 3. Common Can and Jar Sizes

Can Size (industry term) ¹	Average net weight measure per can²	of fluid	Average vo	olume per can	Cans per case	Principal products
	Customary	Metric	Cups	Liters	Number	
No. 10	6 lb (96 oz) to 7 lb 5 oz (117 oz)	2.72 kg to 3.31 kg	12 to 13-2/3	2.84 to 3.24	6	Institutional size: Fruits, vegetables, some other foods
No. 3 Cyl	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 14 fl oz)	1.44 kg or 1.36 L	5-3/4	1.36	12	Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices.
No. 2-1/2	26 oz (1 lb 10 oz) to 30 oz (1 lb 14 oz)	737 g to 850 g	3-1/2	0.83	24	Family size: Fruits, some vegetables.
No. 2 Cyl	24 fl oz	709 mL	3	0.71	24	Juices, soups.
No. 2	20 oz (1 lb 4 oz) or 18 fl oz (1 pt 2 fl oz)	567 g or 532 mL	2-1/2	0.59	. 24	Juices, ready-to- serve soups, some fruits.
No. 303	16 oz (1 lb) to 17 oz (1 lb 1 oz)	453 g to 481 g	2	0.47	24 or 36	Small Cans: Fruits and vegetables, some meat and poultry products, ready- to-serve soups.
No. 300	14 oz to 16 oz (1 lb)	396 g to 453 g	1-3/4	0.41	24	Some fruits and meat products.
No. 2 (vacuum)	12 oz	340 g	1-1/2	0.36	24	Principally vacuum pack corn.
No. 1 (picnic)	10-1/2 oz to 12 oz	297 g to 340 g	1-1/4	0.30	48	Condensed soups, some fruits, vegetables, meat, fish.
8 oz	8 oz	226 g	1	0.24	48 or 72	Ready-to-serve soups, fruits, vegetables.

¹Can sizes are industry terms and do not necessarily appear on the label.

²The net weight on can or jar labels differs according to the density of the contents. For example: A No. 10 can of sauerkraut weighs 6 lb 3 oz (2.81 kg); a No. 10 can of cranberry sauce weighs 7 lb 5 oz (3.32 kg). Meats, fish, and shellfish are known and sold by weight of contents.

Guide for S	Approximate number of cans equalling				
Can size	Average net weight o	r fluid measure per can	a No. 10 can		
	Customary				
No. 3 Cyl	46 fl oz or 51 oz	1.36 L or 1.44 kg	2.1		
No. 2-1/2	26 oz to 30 oz 737 g to 850 g		3.7		
No. 2 Cyl	24 fl oz	4.2			
No. 2	18 fl oz or 20 oz 532 mL or 567 g		5.3		
No. 303	No. 303 16 oz to 17 oz 453 g to 481 g				

Metric Equivalents

Since the appointment of the U.S. Metric Board of 1978 by the President of the United States, metric quantities have been increasingly used for food processing, packaging, and in specification writing. Therefore, the following table shows metric equivalents. This should help you become familiar with the relationship between metric and customary units.

Weight		Volume	_
Customary	Metric	Customary	Metric
1 ounce	28 grams (g)	1 cup (8 fl oz)	237 milliliters (mL)
4 ounces	113g	1 quart	946 mL
8 ounces	227g	1.05 quarts	1 liter (L)
1 pound (16 oz)	454g		
2 pounds	907g		
2.2 pounds	1 kilogram (kg)		

Decimal Weight Equivalents

_					
Ounces		Pounds	Ounces		Pounds
1	=	0.06	16	=	1.00
2	=	.12	32	=	2.00
3	=	.19	35	=	2.19
4	=	.25	48	=	3.00
5	=	.31	64	=	4.00
6	=	.38	71	=	4.44
7	=	.44	80	=	5.00
8	=	.50	96	=	6.00
9	=	.56	106	=	6.63
10	=	.62	112	=	7.00
11	=	.69	128	=	8.00
12	=	.75	141	=	8.82
13	=	.81	144	=	9.00
14	=	.88	160	=	10.00
15	=	.94			

	-				
1 tablespoon 1/8 cup 1/8 cup 1/4 cup 1/3 cup 3/8 cup 1/2 cup 5/8 cup	= = = = = =	3 teaspoons 2 tablespoons 1 fluid ounce 4 tablespoons 5-1/3 tablespoons 6 tablespoons 8 tablespoons 10 tablespoons	7/8 cup 1 cup 1/2 pint 1/2 pint 1 pint 1 pint 1 quart 1 gallon 1 peck	= = = = = =	14 tablespoons 16 tablespoons 1 cup 8 fluid ounces 2 cups 2 pints 4 quarts 8 quarts (dry)
2/3 cup	=	10-2/3 tablespoons	1 bushel	=	4 pecks
3/4 cup	=	12 tablespoons			

Decimal Equivalents for Fractions of a Unit

Number of units (ounces, cups, tablespoons, or

		· 1/ - WIIII	+1/3 unit	+ 1/2 unit	+2/3 unit	+3/4 unit
0		0.02	0.02	0.03	0.04	0.05
1	0.06	0.08	0.08	0.09	.10	.11
2	.12	.14	.15	.16	.17	.17
3	.19	.20	.21	.22	.23	.23
4	.25	.27	.27	.28	.29	.30
5	.31	.33	.33	.34	.35	.36
6	.38	.39	.40	.41	.42	.42
7	.44	.45	.46	.47	.48	.48
8	.50	.52	.52	.53	.54	.55
9	.56	.58	.58	.59	.60	.61
10	.62	.64	.65	.66	.67	.67
11	.69	.70	.71	.72	.73	.73
12	.75	.77	.77	.78	.79	.80
13	.81	.83	.83	.84	.85	.86
14	.88	.89	.90	.91	.92	.92
15	.94	.95	.96	.97	.98	.98

¹Read whole units at the side and the fraction or part of the unit at the top of the table. If the units are ounces, the decimal equivalents in the table are parts of 1 pound. If the units are tablespoons, the decimal equivalents are parts of 1 cup. If the units are cups, the decimal equivalents are parts of 1 gallon.

Examples:

Ounces to pounds To convert 10-1/2 ounces to the corresponding decimal equivalent of a pound, find 10 in the first column. Follow this line across to the column headed "+ 1/2 unit" which shows that 10-1/2 ounces is equal to .66 pound.

Pounds to ounces To convert 0.53 pound to ounces, find 0.53 in the body of the table. Read whole ounces from the left-most number of the same horizontal line, i.e., 8. Next, read the fraction of an ounce from the top number of the column in which 0.53 was found, i.e., 1/2. Thus, 0.53 pound equals 8-1/2 ounces.

Measures for Portion Control

Scoops or dishers, ladles, and serving spoons of standard sizes are fairly dependable measures for portioning and serving food quickly. To assure that you get your expected yield, you must take care in portioning.

Scoops or Dishers

You might use scoops or dishers for portioning such foods as drop cookies, muffins, meat patties, and some vegetables and salads.

The number on the scoop shows the number of scoopfuls to make 1 quart (946 milliliters). The following table shows the equivalent measure of each scoop or disher in cups, tablespoons, and teaspoons.

Scoop or disher number	Level measure
e	0/0 000
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3-1/5 tablespoons
24	2-2/3 tablespoons
30	2-1/5 tablespoons
40	1-3/5 tablespoons
50	3-4/5 teaspoons
60	1 tablespoon

Ladles

You may use ladles to serve soups, stews, creamed dishes, sauces, gravies, and other similar products.

The following sizes of ladles are most frequently used in serving school lunches.

Number on ladle	Approximate measure
1 ounce	1/8 cup
2 ounce	1/4 cup
4 ounce	1/2 cup
6 ounce	3/4 cup
8 ounce	1 cup
12 ounce	1-1/2 cups

Although the ladles are labeled "ounce," they are actually "fluid ounce" which is a volume, not a weight, measurement.

Serving Spoons

You may use a serving spoon (solid or perforated) instead of a scoop. Since these spoons are not identified by number, measure or weigh the quantity of food from the various sizes of spoons you use to obtain the number of spoonfuls you will need for the required serving size.

Explanation of Yield Data Tables

Foods in this guide are classified according to the appropriate food component in the meal patterns of the National School Lunch or School Breakfast Programs (see charts 1 and 2). These components are Meat and Meat Alternates, Vegetables and Fruits, Bread and Bread Alternates, and Milk. In addition, there is a section on commonly used "Other Foods" and one on commercially prepared combination foods used in preparing meals.

The yield tables furnish the following information:

Column 1 Food as purchased: Individual foods are arranged in alphabetical order by type of food. For instance, ham is listed under PORK, MILD CURED. Within each type, foods are listed according to the forms in which they appear on the market—fresh, canned, frozen, or dehydrated. They are further identified as sliced, shelled, or without bone, for example.

Column 2 **Purchase unit:** The purchase unit for most foods is given as 1 pound. Purchase units for some processed foods also list an institutional pack and the net weight of its contents. You can use data on the 1-pound unit of purchase, along with Chart 3, Common Can and Jar Sizes, to determine the number of servings for any size purchase unit on the market.

Column 3 Servings per purchase unit: This column shows the number of servings or portions of a given size from each pound (or other purchase unit). It is based on average yields from good quality foods prepared in ways that result in a minimum of waste. Numbers are given to two decimals because fractions become significant when figuring large numbers of servings. (It is because of the use of these figures, and not because the figures represent this degree of accuracy, that they have been reported to the nearest 0.01 of a serving for less than 10 servings per purchase unit.) Numbers in this column are sometimes rounded *down* in order to help insure enough food for the number of servings.

Column 4 Serving size or portion: The size of a serving is expressed in weight, measure, or number of pieces or slices. Such items as a raw apple or a piece of cooked chicken are given an approximate yield in measure or weight in parentheses. The serving size given in this column for foods specified in the meal pattern can be credited toward meeting the meal pattern requirements. For many fruits and vegetables, both pieces and 1/4-cup servings are included. The serving size of some foods in the *Guide* will depend on whether they are used in recipes or as separate components.

Column 5 **Purchase units for 100 servings:** This column shows the number of purchase units you need for 100 servings. (The purchase unit listed in Column 2 and the serving size (by weight) listed in Column 4 were used to calculate the number of purchase units in Column 5.) Numbers in this column are generally rounded *up* to help insure enough food for the number of servings.

Column 6 Additional yield information: This column gives other information to help you calculate the amount of food you need to prepare. The quantity of ready-to-cook or cooked food you will get from a pound of food as purchased is shown for many foods. The weight or number of cups of drained vegetable or fruit from a No. 10 can is also given for many processed foods. Instructions follow on calculating the quantity of food to buy to provide the amount of ready-to-cook food called for in a recipe.

NOTE: Always round fractions of a quantity **up** to the next smallest practical measure, to be sure you prepare enough food.

How to Use Additional Yield Information in Column 6

You may use the yield information in Column 6 to approximate the quantity of food required for a specified amount of ready-to-cook or cooked food listed in a recipe.

- A. Refer to yield information for the item in Column 6.
- **B.** Divide the quantity listed in the recipe by the quantity of ready-to-cook food obtained from 1 pound as purchased.

Example. A recipe for 100 servings specifies 4 pounds of raw, sliced, pared apples. To determine the pounds of fresh apples you need, proceed as follows:

In Column 6 of yield information for fresh apples, 1 pound AP* equals 0.78 pound ready-to-cook, pared apples.

Divide the number of pounds (4.00) of raw sliced apples needed in the recipe by the quantity of ready-to-cook apples obtained from 1 pound as purchased, or 0.78 pound. You will need 5.25 pounds of fresh, unpared apples.

How to Calculate the Quantity of Food You Need

These methods will help you to adjust portion sizes and calculate servings to meet the basic minimum requirements.

Method 1. (Use Column 5)

You may use the purchase unit for 100 servings in Column 5 to determine how much of each food you need to prepare a specified number of servings of a given size.

- A. Estimate the total number of people in each age group expected to eat that food item.
- **B.** Multiply the number in each group by the serving size to determine the amount you need for that age group.
- C. Add together those amounts to determine the total quantity. (Meat is in ounces, vegetables and fruits are in 1/4-cup servings, and bread is in servings or equivalents.)
- **D.** Multiply the total quantity needed by the purchase unit for 100 servings indicated in Column 5 and divide the answer by 100.

Example 1. Assume you need enough meat loaf for 325 people. They are distributed as follows:

Group	Number	Serving Size	Total
Group III (5 to 8 years)	153	1-1/2 oz	229.5 oz
Group IV (9 and over)	157	2 oz	314.0 oz
Group V (12 and over)	15	3 oz	45.0 oz
		Tota	588.5 oz

According to the yield table, you need 8.95 pounds of ground beef (market style) for 100 1-ounce servings of meat loaf.

 $588.5 \times 8.95 \div 100 = 52.67$ pounds.

Thus, you need 53 (rounded up) pounds market style ground beef for the meat loaf.

^{*}As Purchased. See Abbreviations table (after Meal Pattern charts) for other abbreviations used in the guide.

Example 2. Assume you need enough frozen cut green beans to serve the same 325 people.

Group	Number	Serving Size	Total
Group III (5 to 8 years)	153	1/8 cup	19.125 cups
Group IV (9 and over)	157	1/4 cup	39.25 cups
Group V (12 and over)	15	1/4 cup	3.75 cups
		Total	62.125 cups or 248.50 1/4 cups

According to the yield table, you need 8.65 pounds of frozen cut green beans for 100 1/4-cup servings of cooked beans.

 $248.50 \times 8.65 \div 100 = 21.50$ pounds.

Thus, you need 21 pounds 8 ounces frozen cut green beans for the lunch.

Method 2. (Use Column 3)

You may also use the number of servings per purchase unit in Column 3 to determine the amount of a food you need for a specified number of servings.

- **A.** Estimate the total number of people expected in each age group to eat the food item.
- B. Multiply the number in each group by the serving size for that group.
- C. Add up the amounts of that food for all the different groups.
- **D.** Divide the number of servings you need by the number of servings you will get from one purchase unit as shown in Column 3.

Example 3. Assume you need enough meat loaf for 325 people.

From Example 1 above, you need 588.5 ounces.

According to the yield table, 1 pound of ground beef (market style) will be sufficient for 11.20 servings of meat loaf, providing 1 ounce of meat per serving. $588.5 \div 11.20 = 52.54$ pounds.

Thus, you need about 53 pounds (rounded up) of ground beef.

Example 4. Assume you will serve frozen cut green beans to the same 325 people.

From the table above, you need 248.50 1/4-cup servings.

According to the yield table, 1 pound frozen cut green beans will be sufficient for 11.60 1/4-cup servings of cooked beans.

 $248.50 \div 11.60 = 21.42 \text{ pounds}$

Thus, you need about 21 pounds 8 ounces of beans for the lunch.

How to Make Cost Comparisons

You can compare the cost per serving for food purchased in different forms by using the numbers in Column 5.

- A. Refer to the information in Column 5 for the item.
- B. Divide by 100 by moving the decimal two places to the left.
- C. Multiply this number by cost of one purchase unit.
- **D.** Repeat calculations for other market forms and compare.

Example. Cut green beans		Number of purchase		
	Cost per	units to		Cost per
Form purchased	pound	serve 100	Calculations	serving
Fresh green beans	\$0.30	9.00	.0900×.30	\$0.027
Canned cut green beans	.24	14.00	.1400×.24	.034
Frozen cut green beans	.36	8.65	.0865×.36	.031

Thus, based on food costs, fresh green beans are the most economical. Of course, this does not consider your labor cost.



MEAT/MEAT ALTERNATES

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Section 1, Meat and Meat Alternates for the National School Lunch Program

Regulations for the National School Lunch Program require that a lunch served to students contain the amount of meat or meat alternate given in the Meal Pattern Chart on page 3. Meat and meat alternates include meats, poultry, fish, cheese, dry beans and peas, eggs, and peanut butter.

Enriched macaroni-type products with fortified protein, textured vegetable protein products, and cheese alternate products may be counted as meeting part of the meat and meat alternate requirement. For detailed information and assistance on the proper use of these products, contact your Food and Nutrition Service Regional Office (FNSRO) and/or State agency.

The meat/meat alternate must be served in the main dish or in the main dish and one other menu item.

This section contains yield data on:

- Servings of fresh and frozen boneless meat, poultry, and fish, given in 1-ounce servings.
- Servings of dry beans and peas, eggs, and peanut butter in measures equivalent to 1 ounce of meat.
- USDA-donated foods that are purchased under special specifications, such as canned and frozen meats. These products, not normally available on the market, are listed as "USDA-donated (special purchase)."
- Standard commercially prepared combination foods, including canned and frozen meat and poultry products which will provide at least 1 ounce of cooked meat or poultry per average-size serving, canned bean soup which contains 1/4 cup beans per cup of soup, and canned pea soup which contains 1/4 cup peas per cup of soup.

Definitions

- A serving of cooked meat is understood to be lean meat without bone.
- A serving of cooked fresh or frozen chicken or turkey includes meat and skin as normally served unless otherwise indicated.
- "USDA-donated (special purchase)" applies only to USDA-donated foods that are not normally available on the market.
- "Market style or market pack" refers to foods available on the market, but the term is used only when necessary to distinguish special-purchase foods from regular market foods.

Yields

Standard commercially prepared combination foods: The yields for commercially prepared combination foods listed under Chicken Products (and Beef or Turkey Products) are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection. The size serving listed for these products will provide at least an equivalent ounce of cooked meat or poultry.

Breaded fish portions or sticks: Yields are based on raw fish portions or sticks and the amount of fish in the product. "Precooked" seafood is not cooked; only the breading or batter is cooked. The fish is raw. For crediting purposes, the calculations were done on raw fish before the breading or batter was cooked.

Yields of cooked meat and poultry will vary with type, age, fat content, and weight of the animal, and the method, time, and temperature of cooking. The quantities of food to purchase are based on average yields of cooked meat and poultry.

Instructions for Using Yield Data

The yield information is presented in tabular form for easy reference. The columns are numbered 1 through 6 as follows:

Column 1 **Food as purchased:** The individual foods are arranged in alphabetical order by source (for example, ham is listed under PORK, MILD CURED). Other characteristics are given, such as fat content, with or without bone, percent of fish in fish products, and weight of individual pieces of chicken.

Column 2 Purchase unit: The purchase unit is generally given as either a pound or a No. 10 can.

Column 3 Servings per purchase unit: This column shows the number of 1-ounce lean meat equivalent servings you will get from each purchase unit. Numbers in this column are sometimes rounded *down* in order to help insure enough food for the number of servings.

Column 4 Serving size or portion and contribution to the meal pattern: The size of a serving is given as 1 ounce cooked lean meat or equivalent (1/2 cup of cooked beans or peas, 1 ounce of cheese, 1 egg, or 2 tablespoons of peanut butter). Individual servings such as meat patties, frankfurters, chicken pieces, or fish portions are listed by the piece along with the equivalent ounces of lean meat given in parentheses under the portion size. When portion size and contribution to the meal pattern are the same only one entry is made.

Column 5 **Purchase units for 100 servings:** This column shows the number of purchase units you need for 100 servings. Numbers in this column are generally rounded *up* in order to help insure enough food for the number of servings.

Column 6 Additional yield information: This column gives other information to help you calculate the amount of food you need to prepare school lunches. It shows the amount of cooked meat you will get from 1 pound of meat as purchased.

Meat and Meat Alternates		•	,	-	
1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BEANS, DRY					
BEAN SOUP, CANNED Condensed (1 part soup to 1 part water)	No. 3 Cyl (54 oz)	11.50	1 cup reconstituted (¼ cup cooked beans)	8.70	Reconstitute 1 part soup with not more than 1 part water
	Pound	3.41	1 cup reconstituted (1/4 cup cooked beans)	29.40	
Ready-to-serve	8 oz can	1.00	1 cup serving (1/4 cup cooked beans)	100.00	
DRY BEANS Blackeye beans (or peas)	Pound	14.10	½ cup cooked beans	7.10	1 lb dry = about 23/4 cup
Garbanzo (chickpeas)	Pound	12.30	½ cup cooked beans	8.15	1 lb dry = about 2½ cup
Great Northern	Pound	12.70	½ cup cooked beans	7.85	1 lb dry = about 2½ cup
Kidney	Pound	12.40	½ cup cooked beans	8.10	1 lb dry = about 2½ cup
Lima Large	Pound	13.50	½ cup cooked beans	7.40	1 lb dry = about 2-5/8 cu
Small	Pound	11.70	½ cup cooked beans	8.55	1 lb dry = about 2-3/8 cu
Mung	Pound	14.00	½ cup cooked beans	7.10	1 lb dry = about 21/4 cup
Navy (pea)	Pound	11.90	½ cup cooked beans	8.35	1 lb dry = about 21/4 cup
Pinto	Pound	12.40	½ cup cooked beans	8.05	1 lb dry = about 2-3/8 cu
Soybeans	Pound	12.90	½ cup cooked beans	7.75	1 lb dry = about 2½ cup
DRY BEANS, CANNED					
BEANS (baked or in sauce)	No. 10 can (110 oz)	24.40	½ cup cooked beans	4.10	
	Pound	3.56	1/2 cup cooked beans	28.20	
BEANS WITH BACON IN SAUCE	Pound	2.37	3/4 cup serving (about 1/2 cup cooked beans)	42.20	

DRY BEANS, CANNED — BEEF, FRESH OR FROZEN

Meat and Meat Alternates				*	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BEANS WITH FRANKFURTERS IN SAUCE	Pound	2.67	² /₃ cup serving (about 1ozmeat/meat alternate)	37.50	
BLACKEYE BEANS or (Peas)	No. 10 can (105 oz)	21.50	1/2 cup heated, drained beans	4.65	1 can = about 72 oz (11-3/8 cup) drained beans
	Pound	3.28	1/2 cup heated drained beans	30.50	
GARBANZO (Chickpeas)	No. 10 can (106 oz)	23.80	1/2 cup drained beans	4.20	
	Pound	3.61	1/2 cup drained beans	27.80	
KIDNEY	No.10 can (108 oz)	20.90	½ cup heated, drained beans	4.80	1 can = about 72 oz (111/3 cup) drained beans
	Pound	3.11	½ cup heated, drained beans	32.20	
LIMA	No. 10 can (105 oz)	20.50	½ cup heated, drained beans	4.90	1 can = about 72 oz (11¾ cup) drained beans
	Pound	3.13	½ cup heated, drained beans	32.00	
PINTO	No. 10 can (108 oz)	21.60	½ cup heated, drained beans	4.65	1 can = about 93 oz (11-5/8 cup) drained beans
	Pound	3.21	½ cup heated, drained beans	31.20	
BEEF, FRESH OR FROZEN					
BRISKET, CORNED (without bone)	Pound	6.72	1 oz cooked lean meat	14.90	1 lb AP = 0.42 lb cooked lean meat
BRISKET, FRESH (without bone)	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooked lean meat

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	Additional yield information
GROUND BEEF Market Style* (no more than 30 percent fat)	' Pound	11.20	1 oz cooked lean meat	8.95	1 lb AP = 0.7 lb cooked me
(no more than 26 percent fat)	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.7 lb cooked me
USDA-donated (special purchase)** (no more than 24 percent fat)	Pound	11.60	1 oz cooked lean meat	8.60	1 lb AP = 0.7 lb cooked mea
GROUND BEEF PATTIES, FROZEN *** USDA-donated (special purchase) (no more than 24 percent fat)	Pound	5.33	1 portion (3 oz raw) (2.0 oz cooked meat)	18.80	
HEART (trimmed)	Pound	7.08	1 oz cooked heart (1 oz cooked meat)	14.20	1 lb AP = 0.4 lb cooked hea
KIDNEY (trimmed)	Pound	8.64	1 oz cooked kidney (1 oz cooked meat)	11.60	1 lb AP = 0.5 lb cooked kidney
LIVER (trimmed)	Pound	11.20	1 oz cooked liver (1 oz cooked meat)	8.95	1 lb AP = 0.7 lb cooked live
ROASTS Chuck (without bone)	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.6 lb cooked lea meat
(with bone)	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.4 lb cooked lea meat
Round (without bone)	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.6 lb cooked lea meat
Rump (without bone)	Pound	9.92	1 oz cooked lean meat	10.10	1 lb AP = 0.6 lb cooked lea meat

^{*}Ground Beef, Market style (no more than 30 percent fat) is based on USDA, FSQS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

^{**}Ground Beef, USDA-donated (special purchase), frozen (no more than 24 percent fat) is based on Schedule AA-July 1979 USDA Specification for Frozen Ground Beef.

^{***}Based on Schedule BP—September 1979 USDA Specification for Frozen Ground Beef Patties.

BEEF, FRESH OR FROZEN — BEEF PRODUCTS, CANNED OR FROZEN

1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
STEAKS Flank	Pound	10.70	1 oz cooked lean meat	9.35	1 lb AP = 0.67 lb cooked lean meat
Round (without bone)	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooked lean meat
STEW MEAT	Pound	8.96	1 oz cooked lean meat	11.20	1 lb AP = 0.56 lb cooked lear meat
TONGUE	Pound	9.28	1 oz cooked tongue (1 oz cooked meat)	10.80	1 lb AP = 0.58 lb cooked tongue
BEEF PRODUCTS, CANNED OR FROZEN					
BARBECUE SAUCE WITH BEEF* (raw beef—no more than 30% fat)	Pound	5.33	⅓ cup serving (about 1 oz cooked meat)	18.80	1 lb AP = 0.35 lb cooked mea
BARBECUED BEEF* (raw beef—no more than 30% fat)	Pound	7.12	1/4 cup serving (about 1 oz cooked meat)	14.10	1 lb AP = 0.49 lb cooked mea
BEEF AND GRAVY WITH DUMPLINGS * (raw beef—no more than 30% fat)	Pound	2.37	3/4 cup serving (about 1 oz cooked meat)	42.20	1 lb AP = 0.18 lb cooked meat
BEEF GOULASH* (raw beef—no more than 30% fat)	Pound	2.37	3/4 cup serving (about 1 oz cooked meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooked meat
BEEF HASH* (raw beef—no more than 30% fat)	Pound	5.33	1/₃ cup serving (about 1 oz cooked meat and 1/8 cup vegetable)	18.80	1 lb AP = 0.35 lb cooked meat
BEEF SALAD* (raw beef—no more than 30% fat)	Pound	5.33	⅓ cup serving (about 1 oz cooked meat)	18.80	1 lb AP = 0.35 lb cooked meat

^{*}Excludes partially defatted chopped beef.

BEEF PRODUCTS, CANNED OR FROZEN

1. Food as purchased	2. Purchase	3. Servings	4. Serving size or portion	5. Purchase	6. Additional yield
	unit	per	and contribution to the meal requirement	units for 100 servings	information
BEEF STEW* (raw beef—no more than 30% fat)	Pound	2.37	3/4 cup serving (about 1 oz cooked meat and 1/4 cup vegetable)	42.20	1 lb AP = 0.18 lb cooke meat
BEEF TACO FILLING* (raw beef—no more than 30% fat)	Pound	3.56	½ cup serving (about 1.2 oz cooked meat)	28.20	1 lb AP = 0.28 lb cooke meat
BEEF WITH BARBECUE SAUCE* (raw beef—no more than 30% fat)	Pound	5.33	1/₃ cup serving (about 1.5 oz cooked meat)	18.80	1 lb AP = 0.50 lb cooke meat
BEEF WITH GRAVY* CANNED (raw beef—no more than 30% fat)	Pound	5.33	1/₃ cup serving (about 1.5 oz cooked meat)	18.80	1 lb AP = 0.50 lb cooke meat
BEEF WITH NATURAL JUICES** CANNED USDA-donated (special purchase)	No. 2½ can (29 oz)	14.70	1 oz heated meat	6.80	
	Pound	8.16	1 oz heated meat	12.30	1 lb AP = 0.51 lb heate meat
CHILI CON CARNE* (raw beef—no more than 30% fat)	Pound	2.37	3/4 cup serving (about 1.8 oz cooked	42.20	1 lb AP = 0.28 lb cooke
00 / 0 14()			meat)		
CHILI CON CARNE WITH BEANS* (raw beef—no more than 30% fat)	Pound	2.67	2/3 cup serving (about 1.5 oz meat/meat alternate) meat)	37.50	
CORNED BEEF AND CABBAGE* (raw beef—no more than 30% fat)	Pound	3.56	1/2 cup serving (about 1 oz cooked meat and 1/4 cup vegetable)	28.10	1 lb AP = 0.25 lb cooke meat
CORNED BEEF HASH* (raw beef—no more than 30% fat)	Pound	5.33	1/₃ cup serving (about 1 oz cooked meat and 1/8 cup vegetable)	18.80	1 lb AP = 0.35 lb cooke meat

^{*}Excludes partially defatted chopped beef.

Food Buying Guide

^{**}Based on Schedule BJ—August 1978 USDA Specification for Beef with Natural Juices, Canned.

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	6. Additional yield information
GRAVY AND BEEF* (raw beef—no more than 30% fat)	Pound	5.33	⅓ cup serving (about 1 oz cooked meat)	18.80	1 lb AP = 0.35 lb cooked meat
GRAVY AND SWISS STEAK* (raw beef—no more than 30% fat)	Pound	5.33	⅓ cup serving (about 1 oz cooked meat)	18.80	1 lb AP = 0.35 lb cooke meat
SWISS STEAK WITH GRAVY* (raw beef—no more than 30% fat)	Pound	5.33	1/₃ cup serving (about 1.5 oz cooked meat)	18.80	1 lb AP = 0.50 lb cooked meat
CHEESE AMERICAN OR CHEDDAR (process)	5 lb loaf	80.00	1 slice (3-1/4 x 3-1/2 x 1/8 inch) (1 oz cheese)	1.25	
	Pound	16.00	1 oz cheese	6.25	
CHEDDAR (natural)	5 lb	80.00	1 oz cheese	1.25	1 lb = about 4 cup shredde
	Pound	16.00	1 oz cheese	6.25	
COTTAGE	Pound	8.00	2 oz serving – about ¼ cup (1 oz meat alternate)	12.50	1 lb cheese = about 2 cup
MOZZARELLA	Pound	16.00	1 slice (3-1/4 x 3-1/2 x 1/8 inch) (1 oz cheese)	6.25	
PARMESAN (grated)	Pound	16.00	3/8 cup serving (1 oz cheese)	6.25	1 lb = about 5²⁄₃ cup
RICOTTA	Pound	8.00	2 oz serving (1 oz meat alternate)	12.50	
SWISS (natural or process)	Pound	16.00	1 slice (3-1/4 x 3-1/2 x 1/8 inch) (1 oz cheese)	6.25	1 lb = about 4-1/8 cup shredded

^{*}Excludes partially defatted chopped beef.

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CHEESE FOOD PRODUCTS					
CHEESE FOOD (process)	Pound	8.00	2 oz serving (1 oz meat alternate)	12.50	
CHEESE SPREAD (process)	2 lb loaf	16.00	2 oz serving (1 oz meat alternate)	6.25	
	Pound	8.00	2 oz serving (1 oz meat alternate)	12.50	
CHICKEN, FRESH OR FROZEN	4		9		
FRYING CHICKEN Market Style* Whole, cup up, 9 pieces (about 2-1/2 lb without neck and giblets)	Fryer		Pieces: 2 breast pieces 2 drumsticks 2 wings 2 thighs 1 back		
Chicken parts** Breast halves with ribs (about 6.1 oz each)	Pound	2.62	1/2 breast (about 4.0 oz cooked chicken)	38.20	1 lb AP = 0.66 lb cooke chicken
Drumsticks (about 3.3 oz each)	Pound	4.85	1 drumstick (about 1.6 oz cooked chicken)	20.70	1 lb AP = 0.49 lb cooke chicken
Thighs (about 3.7 oz each)	Pound	4.32	1 thigh (about 1.8 oz cooked chicken)	23.20	1 lb AP = 0.50 lb cooke chicken
Back pieces (about 6.0 oz each)	Pound	2.67	1 back piece (about 1.9 oz cooked chicken)	37.50	1 lb AP = 0.32 lb cooke chicken
Wings (about 2.8 oz each)	Pound	5.71	1 wing (about 1.0 oz cooked chicken)	17.50	1 lb AP = 0.34 lb cooke chicken

^{*}If the average raw weights of the chicken parts are different from those stated, use yield information in column 6 to determine cooked weight.

^{**} A serving of frying chicken includes meat and skin.

CHICKEN, FRESH OR FROZEN

1.	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	Additional yield information
FRYING CHICKEN,* FROZEN USDA-donated (special purchase) Whole, cut up, 9 pieces (about 2-3/4 lb without neck and giblets)	30 lb box		Average of 99 pieces		Chickens weigh 2-1/4 to 3-1/4 lb
	Fryer	1 ,	Pieces: 3 breast pieces cut with and without backs 2 drumsticks 2 thighs with back 2 wings		
Chicken parts* Breast portions with backs (about 5.9 oz each)	Pound	2.71	1/3 breast with back (about 2.8 oz cooked chicken)	36.90	1 lb AP = 0.48 lb cooked chicken
Breast portions without backs (about 3.9 oz each)	Pound	4.10	1/3 breast without back (about 2.5 oz cooked chicken)	24.40	1 lb AP = 0.65 lb cooked chicken
Drumsticks (about 3.7 oz each)	Pound	4.32	1 drumstick (about 1.8 oz cooked chicken)	23.20	1 lb AP = 0.49 lb cooked chicken
Thighs with backs (about 7.3 oz each)	Pound	2.19	1 thigh with back (about 3.1 oz cooked chicken)	45.70	1 lb AP = 0.44 lb cooked chicken
Wings (about 3.1 oz each)	Pound	5.16	1 wing (about 1.1 oz cooked chicken)	19.40	1 lb AP = 0.34 lb cooked chicken
FRYING CHICKEN,* FROZEN USDA-donated (special purchase)		,			
Whole, cut-up, 8 pieces (about 2 ³ / ₄ lb without neck and	30 lb box		Average of 88 pieces		Chickens weigh 21/4 to 31/4 lb
giblets)	Fryer		Pieces: 2 breast pieces 2 drumsticks 2 thighs with backs 2 wings		

^{*}A serving of frying chicken includes meat and skin.

Meat and Meat Alternates	-	433		4	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
USDA 8 pieces - Continued Chicken parts*					
Breast halves with backs (about 7.5 oz each)	Pound	2.13	1/2 breast with back (about 4.0 oz cooked chicken)	46.90	1 lb. AP = 0.54 lb cooked chicken
Drumsticks (about 3.7 oz each)	Pound	4.32	1 drumstick (about 1.8 oz cooked chicken)	23.20	1 lb AP = 0.49 lb cooked chicken
Thighs with backs (about 7.3 oz each)	Pound	2.19	1 thigh with back (about 3.1 oz cooked chicken)	45.70	1 lb AP = 0.42 lb cooked chicken
Wings (about 3.1 oz each)	Pound	5.16	1 wing (about 1.1 oz cooked chicken)	19.40	1 lb AP = 0.34 lb cooked chicken
PRECOOKED BREADED CHICKEN,*FROZEN USDA-donated (special purchase) Whole, cut-up, 9 pieces (about 23/4 lb without neck and giblets)	30 lb box		Average of 83 pieces		Chickens weigh 21/4 to 31/4 lb
	Fryer		Pieces: 3 breast pieces cut with and without back 2 drumsticks 2 thighs with backs 2 wings		
Chicken parts* Breast portions with backs (about 7.1 oz each)	Pound	2.25	1/3 breast with back (about 2.8 oz cooked chicken)	44.40	1 lb AP = 0.40 lb cooke chicken
Breast portions without backs (about 4.7 oz each)	Pound	3.40	1/3 breast without back (about 2.5 oz cooked chicken)	29.40	1 lb AP = 0.53 lb cooker chicken
Drumsticks (about 4.3 oz each)	Pound	3.72	1 drumstick (about 1.8 oz cooked chicken)	26.90	1 lb AP = 0.42 lb cooked chicken
Thighs with backs (about 8.7 oz each)	Pound	1.84	1 thigh with back (about 3.1 oz cooked chicken)	54.40	1 lb AP = 0.36 lb cooked chicken
Wings (about 3.7 oz each)	Pound	4.32	1 wing (about 1.1 oz cooked chicken)	23.20	1 lb AP = 0.30 lb cooke chicken

CHICKEN, FRESH OR FROZEN

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CHICKEN FOR COMBINATION DISHES				-	
Whole (with neck and giblets)	Pound	6.56	1 oz cooked chicken including neck meat and giblets	15.30	1 lb AP = 0.41 lb cooke chicken*
	Pound	5.76	1 oz cooked chicken excluding neck meat and giblets	17.40	1 lb AP = 0.36 lb cooke chicken*
Breast with ribs	Pound	8.96	1 oz cooked chicken	11.20	1 lb AP = 0.56 lb cooke chicken*
Drumsticks	Pound	6.56	1 oz cooked chicken	15.30	1 lb AP = 0.41 lb cooke chicken*
Thighs	Pound	6.72	1 oz cooked chicken	14.90	1 lb AP = 0.42 lb cooke chicken*
Back, whole (1 piece)	Pound	3.68	1 oz cooked chicken	27.20	1 lb AP = 0.23 lb cooke chicken*
Necks	Pound	3.52	1 oz cooked chicken	28.50	1 lb AP = 0.22 lb cooke chicken*
Wings	Pound	4.00	1 oz cooked chicken	25.00	1 lb AP = 0.25 lb cooke chicken*
Giblets Gizzards	Pound	9.28	1 oz cooked gizzards (1 oz cooked chicken)	10.80	1 lb AP = 0.58 lb cooke gizzards
Hearts	Pound	8.64	1 oz cooked hearts (1 oz cooked chicken)	11.60	1 lb AP = 0.54 lb cooke hearts
Livers	Pound	9.92	1 oz cooked livers (1 oz cooked chicken)	10.10	1 lb AP = 0.62 lb cooke

^{*}Served without skin.

Meat and Meat Alternates					
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CHICKEN PRODUCTS, CANNED OR FROZEN					
BONED CHICKEN USDA-donated (special purchase)* Boned Poultry with broth	Pound	11.50	1 oz heated chicken	8.70	1 lb AP = 0.72 lb heated chicken and skin
Canned	Pound	11.50	1.2 oz unheated chicken (1 oz cooked chicken)	8.70	
	No. 2½ can	20.00	1 oz heated chicken	4.80	
	(29 oz)	20.00	1.2 oz unheated chicken (1 oz cooked chicken)	4.80	
Market Pack Boned, solid pack**	Pound	14.22	1/8 cup serving (about 1 oz cooked chicken including skin)	7.05	1 lb AP = 0.93 lb cooker chicken and skin
Boned**	Pound	14.22	1/8 cup serving (about 1 oz cooked chicken including skin)	7.05	1 lb AP = 0.88 lb cooker chicken and skin
CHICKEN A LA KING**	Pound	2.37	3/4 cup serving (about 1.3 oz cooked chicken)	42.20	1 lb AP = 0.20 lb cooked chicken
CHICKEN BARBECUE**	Pound	3.56	½ cup serving (about 1.8 oz cooked chicken)	28.10	1 lb AP = 0.40 lb cooker chicken
CHICKEN CHILI**	Pound	2.37	3/4 cup serving (1.8 oz cooked chicken)	42.20	1 lb AP = 0.28 lb cooked chicken
CHICKEN CHILI WITH BEANS**	Pound	5.33	1/₃ cup serving (about 1 oz cooked meat/meat alternate)	18.80	
CHICKEN HASH**	Pound	2.67	² / ₃ cup serving (about 1.8 oz cooked chicken and ¹ / ₄ cup vegetable)	37.50	1 lb AP = 0.30 lb cooked chicken

^{*} Based on Announcement/Invitation PY-82—September 1978 USDA Specification for Canned Boned Poultry.

 $[\]ensuremath{^{**}}$ Excludes mechanically deboned poultry meat (chicken or turkey).

CHICKEN PRODUCTS, CANNED OR FROZEN — EGGS

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CHICKEN SALAD*	Pound	2.67	² /₃ cup serving (about 1.3 oz cooked chicken including skin)	37.50	1 lb AP = 0.24 lb cooked chicken
CHICKEN WITH GRAVY*	Pound	5.33	⅓ cup serving (about 1 oz cooked chicken)	18.80	1 lb AP = 0.35 lb cooked chicken
CHICKEN WITH NOODLES OR DUMPLINGS*	Pound	1.78	1 cup serving (about 1.3 oz cooked chicken)	56.20	1 lb AP = 0.15 lb cooked chicken
CREAMED CHICKEN*	Pound	2.37	3/4 cup serving (about 1.3 oz cooked chicken)	42.20	1 lb AP = 0.20 lb cooked chicken
EGGS					
FRESH SHELL EGGS**	Dozen (24 oz)	12.00	1 large egg	8.35	1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks
FROZEN WHOLE EGGS	Pound	9.07	1 large egg	11.10	1 lb frozen = about 1-7/8 cup (9 large eggs)
DRIED WHOLE EGGS*** Market Pack	Pound	32.00	1 large egg	3.15	1 lb AP = about 51/3 cup
USDA-donated (special purchase)	No. 10 can (48 oz)	96.00	1 large egg	1.05	2 cup (6 oz) dried eggs and 2 cup water = 1 dozen large eggs

^{*}Excludes mechanically deboned poultry meat (chicken or turkey)

^{**}To determine the equivalent of other sizes of eggs to buy and to use in place of large size eggs, multiply the number (or dozens or cases) of large size eggs by a factor as follows: Extra large size, 0.9; medium size, 1.1; small size, 1.25.

^{***}Quantities are for dried whole eggs. For blends and specialty egg products, use equivalents on package label.

1,	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per	Serving size or portion and contribution to the meal requirement		Additional yield information
FRANKFURTERS, BOLOGNA					\$
BOLOGNA* (excluding meat by-products, cereals, or extenders)	Pound	16.00	1 oz serving (about 0.5 oz cooked meat)	6.25	1 lb AP = 0.54 lb cooked meat equivalent
	Pound	8.42	1.9 oz serving (about 1 oz cooked meat)	11.90	
FRANKFURTERS* (excluding meat by-products, cereals, or extenders)					
8 per pound	Pound	8.00	2 oz frankfurter (about 1.1 oz cooked meat)	12.50	1 lb AP = 0.54 lb cooked meat equivalent
10 per pound	Pound	10.00	1.6 oz frankfurter (about 0.9 oz cooked meat)	10.00	
KNOCKWURST* (excluding meat by-products, cereals, or extenders)	Pound	16.00	1 oz serving (about 0.5 oz cooked meat)	6.25	1 lb AP = 0.54 lb cooked meat equivalent
VIENNA SAUSAGE* (excluding meat by-products, cereals, or extenders)	Pound (drained weight)	16.00	1 oz serving (about 0.5 oz cooked meat)	6.25	1 lb AP = 0.5 lb cooked meat equivalent
		,			

^{*}Based on USDA, FSQS Standard as published in the Code of Federal Regulations, Title 9, Part 319.180(a) Frankfurters, Frank, Furter, Hot Dog, Wiener, Vienna, Bologna, Garlic Bologna, Knockwurst, and similar products.

PEAS AND LENTILS, DRY

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
LAMB, FRESH OR FROZEN					
CHOPS, SHOULDER (with bone)	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooked lean meat
ROASTS					
Leg (without bone)	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooked lean meat
Shoulder (without bone)	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
STEW MEAT	Pound	10.40	1 oz cooked lean meat	9.65	1 lb AP = 0.65 lb cooked lean meat
PEANUT BUTTER, CANNED					
PEANUT BUTTER	No. 10 can (108 oz)	97.50	2 tablespoon peanut butter	1.05	2 Tbsp = about 1.1 oz peanut butter
	Pound	14.40	2 tablespoon peanut butter	6.95	
PEAS AND LENTILS, DRY				, v	
DRY PEAS Split peas	Pound	11.50	½ cup cooked peas	8.70	1 lb dry = about 21/4 cup
Whole peas	Pound	12.80	½ cup cooked peas	7.85	1 lb dry = about 2⅓ cup
LENTILS	Pound	14.80	½ cup cooked lentils	6.75	1 lb dry = about 2-3/8 cu
				1	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
PEA SOUP, CANNED (includes cream of pea soup) Condensed (1 part soup to 1 part water)	No. 3 Cyl (50 oz)	11.50	1 cup reconstituted (1/4 cup cooked peas)	8.70	Reconstitute 1 part soup with not mor than 1 part water
	Pound	3.68	1 cup reconstituted (1/4 cup cooked peas)	27.20	
Ready-to-serve	8 oz can	1.00	1 cup serving (¼ cup cooked peas)	100.00	
PORK, FRESH OR FROZEN	A		h		·
CHOPS, LOIN (with bone)	Pound	6.56	1 oz cooked lean meat	15.30	1 lb AP = 0.41 lb cooke lean meat
GROUND PORK, FROZEN USDA-donated (special purchase)* (no more than 24 percent fat)	Pound	11.60	1 oz cooked lean meat	8.60	1 lb AP = 0.73 lb cooke meat
HEART (trimmed)	Pound	8.00	1 oz cooked heart (1 oz cooked meat)	12.50	1 lb AP = 0.50 lb cooke heart
LIVER (untrimmed)	Pound	9.76	1 oz cooked liver (1 oz cooked meat)	10.30	1 lb AP = 0.61 lb cooke liver
ROASTS Leg, fresh ham (without bone)	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooke lean meat
(with bone)	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooke lean meat

^{*}Ground Pork, USDA-donated (special purchase), frozen (no more than 24 percent fat) is based on Schedule GP-September 1979, USDA Specification for Ground Pork.

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
ROASTS —Continued Loin (without bone)	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
(with bone)	Pound	6.56	1 oz cooked lean meat	15.30	1 lb AP = 0.41 lb cooked lean meat
Shoulder, Boston Butt (without bone)	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooked lean meat
(with bone)	Pound	8.00	1 oz cooked lean meat	12.50	1 lb AP = 0.50 lb cooked lean meat
Shoulder, picnic (without bone)	Pound	7.36	1 oz cooked lean meat	13.60	1 lb AP = 0.46 lb cooked lean meat
(with bone)	Pound	6.08	1 oz cooked lean meat	16.50	1 lb AP = 0.38 lb cooked lean meat
SAUSAGE,* BULK, LINK, OR PATTY	Pound	7.52	1 oz cooked lean meat	13.30	1 lb AP = 0.47 lb cooked lean meat
SPARERIBS	Pound	6.24	1 oz cooked lean meat	16.10	1 lb AP = 0.39 lb cooked meat
STEW MEAT	Pound	7.20	1 oz cooked lean meat	13.90	1 lb AP = 0.45 lb cooked lean meat
PORK, MILD CURED BACON, CANADIAN	Pound	11.00	1 oz cooked lean meat	9.10	1 lb AP = 0.69 lb cooke lean meat

^{*}Fresh Pork Sausage, Market Style (no more than 50 percent trimmable fat) is based on USDA, FSQS Standard as published in the Code of Federal Regulations, Title 9, Part 319.141 Fresh Pork Sausage.

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
HAM (without bone)	Pound	10.00	1 oz cooked lean meat	9.95	1 lb AP = 0.63 lb cooke lean meat
(with bone)	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooke lean meat
HAM, canned	Pound	10.20	1 oz heated lean meat	9.80	1 lb AP = 0.64 lb cooke lean meat
	Pound	10.20	1.2 oz unheated meat (1 oz lean meat)	9.80	
SHOULDER, BOSTON BUTT (without bone)	Pound	9.60	1 oz cooked lean meat	10.50	1 lb AP = 0.60 lb cooke lean meat
(with bone)	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooke lean meat
SHOULDER, PICNIC (without bone)	Pound	8.48	1 oz cooked lean meat	11.80	1 lb AP = 0.53 lb cooke lean meat
(with bone)	Pound	6.72	1 oz cooked lean meat	14.90	1 lb AP = 0.42 lb cooke lean meat
PORK PRODUCTS, CANNED			4		
PORK WITH NATURAL JUICES* USDA-donated (special purchase)	No. 2½ can (29 oz)	14.70	1 oz heated meat	6.80	1 lb AP = 0.51 lb heater
	Pound	8.16	1 oz heated meat	12.30	

^{*}Based on Schedule PJ-August 1979 USDA Specification for Pork with Natural Juices, Canned.

SEAFOOD, FRESH OR FROZEN

Meat and Meat Alternates			22		
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
SEAFOOD, FRESH OR FROZEN					
CLAMS, SHUCKED	Pound	4.48	1 oz cooked fish	22.40	1 lb AP = 0.28 lb cooked clams
CRAB MEAT	Pound	15.50	1 oz cooked fish	6.45	1 lb AP = 0.97 lb cooked crab meat
FISH FILLETS	Pound	11.20	1 oz cooked fish	8.95	1 lb AP = 0.70 lb cooked fish
FISH PORTIONS, FROZEN Fried battered * (45 percent fish) 3 oz portion	Pound	5.33	1 portion (about 1.1 oz cooked fish)	18.80	1 lb AP = 0.37 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 0.7 oz cooked fish)	12.50	1 lb AP = 0.37 lb cooked fish
Fried breaded					
(65 percent fish)** 4 oz portion	Pound	4.00	1 portion (about 2.2 oz cooked fish)	25.00	1 lb AP = 0.54 lb cooked fish
3 oz portion	Pound	5.33	1 portion (about 1.6 oz cooked fish)	18.80	1 lb AP = 0.54 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 1.1 oz cooked fish)	12.50	1 lb AP = 0.54 lb cooked fish
Raw breaded (75 percent fish)*** 4 oz portion	Pound	4.00	1 portion (about 2.3 oz cooked fish)	25.00	1 lb AP = 0.58 lb cooked fish

^{*}There is no standard for this product at this time. It is recommended that you use products with CN labels or specify "FISH PORTIONS, FROZEN, FRIED BATTERED (45 percent fish)" and request a Certificate of Inspection from the processor.

Grades of Frozen Fried Fish Portions which specify that the product must contain 65 percent fish.

^{**}Fish Portions, Frozen, Fried Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart G—United States Standards for

^{***} Fish Portions, Frozen, Raw Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart E—United States Standards for Grades of Frozen Raw Breaded Fish Portions which specify that the product must contain 75 percent fish.

Meat and Meat Alternates	-				
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
FISH PORTIONS					
FROZEN-Continued 3 oz portion	Pound	5.33	1 portion (about 1.7 oz cooked fish)	18.80	1 lb AP = 0.58 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 1.2 oz cooked fish)	12.50	1 lb AP = 0.58 lb cooked fish
Unbreaded 4 oz portion	Pound	4.00	1 portion (about 3.1 oz cooked fish)	25.00	1 lb AP = 0.78 lb cooked fish
3 oz portion	Pound	5.33	1 portion (about 2.3 oz cooked fish)	18.80	1 lb AP = 0.78 lb cooked
2 oz portion	Pound	8.00	1 portion (about 1.6 oz cooked fish)	12.50	1 lb AP = 0.78 lb cooked fish
FISH STEAKS, FROZEN	Pound	10.50	1 oz cooked fish	9.50	1 lb AP = 0.66 lb cooked fish
FISH STICKS, FROZEN Fried breaded (60 percent fish)*					
1 oz stick	Pound	4.00	4 sticks (about 2.0 oz cooked fish)	25.00	1 lb AP = 0.49 lb cooked fish
		5.33	3 sticks (about 1.5 oz cooked fish)	18.80	1 lb AP = 0.49 lb cooked fish
		8.00	2 sticks (about 1.0 oz cooked fish)	12.50	1 lb AP = 0.49 lb cooked fish
		16.00	1 stick (about 0.5 oz cooked fish)	6.25	1 lb AP = 0.49 lb cooked fish

^{*}Fish Sticks, Frozen, Fried Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart F—United States Standards for Grades of Frozen Fried Fish Sticks which specify that the product must contain 60 percent fish.

SEAFOOD, FRESH OR FROZEN

1. Food as purchased	2. Purchase unit	per	4. Serving size or portion and contribution to the meal requirement		6. Additional yield information
FISH STICKS FROZEN-Continued Raw breaded (72 percent fish)*					
1 oz stick	Pound	4.00	4 sticks (about 2.2 oz cooked fish)	25.00	1 lb AP = 0.56 lb cooke fish
		5.33	3 sticks (about 1.7 oz cooked fish)	18.80	1 lb AP = 0.56 lb cooke fish
		8.00	2 sticks (about 1.1 oz cooked fish)	12.50	1 lb AP = 0.56 lb cooke fish
		16.00	1 stick (about 0.6 oz cooked fish)	6.25	1 lb AP = 0.56 lb cooke fish
OYSTERS, SHUCKED	Pound	6.08	1 oz cooked fish	16.50	1 lb AP = 0.38 lb cooke oysters
SCALLOPS, FROZEN	Pound	8.48	1 oz cooked fish	11.80	1 lb AP = 0.53 lb cooke scallops
SHRIMP Cooked, peeled, and cleaned					
Fresh	Pound	16.00	1 oz cooked fish	6.25	1 lb AP = 1.00 lb cooke shrimp
Frozen	Pound	13.20	1 oz cooked fish	7.55	1 lb AP = 0.83 lb cooke shrimp
Peeled and cleaned Frozen	Pound	9.92	1 oz cooked fish	10.10	1 lb AP = 0.62 lb cooke shrimp
Raw in shell	Pound	8.64	1 oz cooked fish	11.60	1 lb AP = 0.54 lb cooke shrimp

^{*}Fish Sticks, Frozen, Raw Breaded is based on USDC standard as published in the Code of Federal Regulations, Title 50, Part 264, Subpart D—United States Standards for Grades of Frozen Raw Fish Sticks which specify that the product must contain 72 percent fish.

1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
SEAFOOD, CANNED					
CLAMS, MINCED	51 oz can	19.30	1 oz heated fish	5.20	1 can = about 22 oz drained clams
MACKEREL	15 oz can	7.95	1 oz heated fish	12.60	1 can = abou 8-7/8 oz draine mackerel
MAINE SARDINES	15 oz can	13.20	1 oz fish	7.60	1 can = about 13½ oz draine sardines
SALMON, PINK	64 oz can	48.00	1 oz heated fish	2.10	1 can = abou 52 oz drained salmon
SHRIMP	13 ¼ oz can (drained weight)	13.20	1 oz fish	7.55	1 can = 131/4 oz drained shrimp
TUNA					
Water pack Chunk	66½ oz can	51.20	1 oz fish	2.00	1 can = 51 oz drained tuna
Grated or Flake	60 oz can	54.60	1 oz fish	1.85	1 can = 55 oz drained tuna
Solid	66½ oz can	50.50	1 oz fish	2.00	1 can = 51 oz drained tuna
TURKEY, FRESH OR FROZEN * TURKEY (ready-to-cook) Whole					
Without neck and giblets	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey
		7.52	1 oz cooked turkey without skin	13.30	1 lb AP = 0.47 lb cooked turkey

^{*1} lb AP of raw boneless turkey = 0.70 lb cooked turkey.

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TURKEY, FRESH OR FROZEN

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	6. Additional yield information
TURKEY (ready to cook) Whole-Continued					
With neck and giblets	Pound	7.68	1 oz cooked turkey with skin without meat from neck and giblets	13.10	1 lb AP = 0.48 lb cooked turkey
		6.72	1 oz cooked turkey without skin, giblets, and meat from neck	14.90	1 lb AP = 0.42 lb cooked turkey
Halves	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey
		7.36	1 oz cooked turkey without skin	13.60	1 lb AP = 0.46 lb cooked turkey
Leg quarters	Pound	8.48	1 oz cooked turkey with skin	11.80	1 lb AP = 0.53 lb cooked turkey
		7.68	1 oz cooked turkey without skin	13.10	1 lb AP = 0.48 lb cooker turkey
TURKEY, GROUND, FROZEN USDA-donated (special purchase)	Pound	10.70	1 oz cooked turkey	9.35	1 lb AP = 0.67 lb cooke turkey
TURKEY PARTS Breasts (whole or halves)	Pound	10.20	1 oz cooked turkey with skin	9.80	1 lb AP = 0.64 lb cooke turkey
		9.12	1 oz cooked turkey without skin	11.00	1 lb AP = 0.57 lb cooker turkey
Drumsticks	Pound	7.68	1 oz cooked turkey with skin	13.10	1 lb AP = 0.48 lb cooker turkey
		7.04	1 oz cooked turkey without skin	14.20	1 lb AP = 0.44 lb cooke turkey

Meat and Meat Alternates			4,	1 (1) 	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
TURKEY PARTS — Continued					
Thighs	Pound	8.64	1 oz cooked turkey with skin	11.60	1 lb AP = 0.54 lb cooked turkey
		8.00	1 oz cooked turkey without skin	12.50	1 lb AP = 0.50 lb cooked turkey
Backs	Pound	6.88	1 oz cooked turkey with skin	14.60	1 lb AP = 0.43 lb cooked turkey
		5.44	1 oz cooked turkey without skin	18.40	1 lb AP = 0.34 lb cooked turkey
Necks	Pound	7.68	1 oz cooked turkey	13.10	1 lb AP = 0.48 lb cooked turkey
Wings	Pound	5.28	1 oz cooked turkey without skin	19.00	1 lb AP = 0.33 lb cooked turkey
TURKEY GIBLETS					
Gizzards	Pound	9.12	1 oz cooked turkey	11.00	1 lb AP = 0.57 lb cooked whole gizzards
Hearts	Pound	9.12	1 oz cooked turkey	11.00	1 lb AP = 0.57 lb cooked hearts
Livers	Pound	11.50	1 oz cooked turkey	8.70	1 lb AP = 0.72 lb cooked livers
TURKEY HAM* Cooked	Pound	10.40	1.5 oz serving (1 oz cooked lean meat)	9.65	1 lb AP = 0.65 lb cooked turkey
		16.00	1 oz serving (0.6 oz cooked lean meat)	6.25	

^{*}Turkey ham is based on USDA, FSQS Standard as published in Vol. 44 No. 177, August 31, 1979 (to be Part 381.171 Subpart P, of the Code of Federal Regulations, Title 9).

TURKEY, FRESH OR FROZEN — TURKEY PRODUCTS, CANNED OR FROZEN

Meat and Meat Alternates	15.5			100	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
TURKEY ROLLS,* FROZEN USDA-donated (special purchase) Cooked	Pound	10.50	1.5 oz serving (1 oz cooked lean meat)	9.50	1 lb AP = 0.66 lb cooker turkey
		16.00	1 oz serving (0.7 oz cooked lean meat)	6.25	
TURKEY PRODUCTS, CANNED OR FROZEN					
BONED TURKEY Boned**	Pound	14.20	1/8 cup serving	7.05	
			(about 1 oz cooked turkey with skin)		0.88 lb cooke turkey
Boned, solid pack**	Pound	14.20	1/8 cup serving (about 1 oz cooked turkey with skin)	7.05	1 lb AP = 0.93 lb cooke turkey
Boned, with broth**	Pound	7.11	1/4 cup serving (about 1.8 oz cooked turkey with skin)	14.10	1 lb AP = 0.78 lb cooke turkey
CREAMED TURKEY**	Pound	2.37	3/4 cup serving (about 1.3 oz cooked turkey)	42.20	1 lb AP = 0.20 lb cooked turkey
TURKEY A LA KING**	Pound	2.37	3/4 cup serving (about 1.3 oz cooked turkey)	42.20	1 lb AP = 0.20 lb cooke turkey
TURKEY BARBECUE**	Pound	3.56	½ cup serving (about 1.8 oz cooked turkey)	28.10	1 lb AP = 0.40 lb cooke turkey
TURKEY CHILI**	Pound	2.37	3/4 cup serving (1.8 oz cooked turkey)	42.20	1 lb AP = 0.28 lb cooke turkey
TURKEY CHILI WITH BEANS **	Pound	5.33	1/₃ cup serving (equivalent to 1 oz cooked meat/meat alternate)	18.80	

^{*}Turkey rolls, USDA-donated (special purchase) cooked, frozen is based on Announcement PY-84-June 1979, specification for cooked turkey rolls.

^{**}Excludes mechanically deboned poultry meat (chicken or turkey).

TURKEY PRODUCTS, CANNED OR FROZEN — VEAL, FRESH OR FROZEN

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	6. Additional yield information
TURKEY HASH*	Pound	2.67	2/3 cup serving (about 1.8 oz cooked turkey and 1/4 cup vegetable)	37.50	1 lb AP = 0.30 lb cooke turkey
TURKEY SALAD*	Pound	2.67	² /₃ cup serving (about 1.3 oz cooked turkey with skin)	37.50	1 lb AP = 0.24 lb cooke turkey
TURKEY WITH GRAVY*	Pound	5.33	⅓ cup serving (about 1 oz cooked turkey)	18.80	1 lb AP = 0.35 lb cooke turkey
TURKEY WITH NOODLES OR DUMPLINGS*	Pound	1.78	1 cup serving (about 1.3 oz cooked turkey)	56.20	1 lb AP = 0.15 lb cooke turkey
VEAL, FRESH OR FROZEN					
CUTLETS, LEG (without bone)	Pound	8.64	1 oz cooked lean meat	11.60	1 lb AP = 0.54 lb cooke lean meat
HEART (trimmed)	Pound	9.44	1 oz cooked meat	10.60	1 lb AP = 0.59 lb cooke heart
LIVER, CALF (trimmed)	Pound	10.80	1 oz cooked meat	9.20	1 lb AP = 0.68 lb cooke liver
ROASTS Chuck (without bone)	Pound	9.44	1 oz cooked lean meat	10.60	1 lb AP = 0.59 lb cooke lean meat
Leg (without bone)	Pound	9.76	1 oz cooked lean meat	10.30	1 lb AP = 0.61 lb cooke lean meat
STEW MEAT	Pound	10.40	1 oz cooked lean meat	9.65	1 lb AP = 0.65 lb cooke lean meat

^{*}Excludes mechanically deboned poultry meat (chicken or turkey)



VEGETABLES AND FRUITS

- 47 Vegetables and Fruits for the National School Lunch Program
- 47 Vegetables and Fruits for the School Breakfast Program
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Section 2, Vegetables and Fruits for the National School Lunch Program

Regulations for the National School Lunch Program require that each lunch served contain vegetables and fruits as described below in the Meal Pattern Chart on page 3.

Specific requirements:

- You may meet no more than 1/2 of the total requirement with full-strength vegetable or fruit juice.
- You may count cooked dry beans or peas as a vegetable or as a meat alternate, but not as both in the same meal.
- To help assure that all school lunches meet nutritional goals, and respond to dietary guidelines, USDA recommends that lunches:

Include a vitamin A vegetable or fruit at least twice a week Include a vitamin C vegetable or fruit two or three times a week Include several iron-rich foods each day Keep salt, sugar, and fat at a moderate level Include a variety of vegetables and fruits Include foods which are good sources of fiber.

Refer to the Menu Planning Guide for School Food Service, PA-1260, for further information.

for the School Breakfast Program

Vegetables and Fruits Regulations for the School Breakfast Program require that a breakfast contain a 1/2-cup serving of fruit or fruit juice, or vegetable or vegetable juice. You can use full-strength fruit juice or vegetable juice to meet all of the requirement.

> USDA recommends that you plan to include vitamin C foods frequently, and foods rich in iron each day.

Products which Do Not Meet Requirements

The following products do not qualify as vegetable or fruit and may not be credited toward meeting the vegetable / fruit requirement in any meal served under the National School Lunch Program or School Breakfast Program:

- Snack-type foods made from vegetables or fruits, such as potato chips, corn curls, and banana chips
- Pickle relish
- Tomato catsup and chili sauce
- Dry vegetables for seasoning

Information Included in this Section

Over 200 different vegetables and fruits—fresh, canned, frozen, and dehydrated—are listed alphabetically. Canned and frozen juices and canned soups are listed at the end of the section.

Vegetable and fruit information includes:

- Yield information on common institutional packs and 1-pound units of many canned and frozen vegetables and fruits.
- Whenever available, data on unsweetened canned and frozen fruits or those packed in juice, light syrup, or water.
- Net weight of contents of the can (including liquid) under the can size in Column 2 (exceptions are drained weight for mushrooms and olives). Minimum weight and volume of drained vegetables or fruits in No. 10 cans are usually given in Column 6.
- Yields in terms of 1/4-cup servings.
- Yields, in portions of a cup, of whole fresh vegetables and fruits (raw or cooked).
- Contribution to the meal pattern.
- Yield information on canned and frozen juices reconstituted to full strength.
- Yield information on canned soups that contain at least 1/4 cup of vegetable per cup of soup.

For Yield Purposes:

- A serving of cooked vegetable is considered to be *drained*. If it is a canned, heated vegetable, use the listing in Column 4 that says "1/4 cup heated vegetable." If it is served unheated, the appropriate listing is "1/4 cup vegetable."
- A serving of raw vegetable used in salads with dressing is shown as "1/4 cup raw (pieces, shredded, chopped) with dressing."
- A serving of canned fruit includes the juice or syrup in which the fruit is packed unless otherwise indicated.
- A serving of fruit consists of fruit and juice even where it is only described as "cooked."
- A serving of thawed frozen fruit is fruit plus the juice that accumulated during thawing.

Factors Affecting Yields

Yield of vegetables and fruits varies according to the form of food you use. For example:

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen ones are cleaned, blanched, and ready to cook.
- Tomato paste and tomato puree yields were determined by both volume of the concentrated mixture and on a reconstituted basis. Use the yield figure for

the form you are actually using.

- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling. If a dehydrated vegetable is not listed in this section it is considered a seasoning and should be listed in the "Other Foods" section.
- The weight of canned vegetables and fruits varies due to different densities of the food. A No. 10 can yields an average of 12 to 13-2/3 cups, from 96 oz (6 lbs) to 117 oz (7 lbs 5 oz).

NOTE: Yield figures for vegetables and fruits are for on-site preparation; they do **not** allow for losses that may occur in prepared products (both preportioned and bulk) during freezing, storage, heating, and serving.

Instructions for Using Yield Data

The data on vegetables and fruits in the following table include yield information on common types and customary portion sizes of products that you can buy on the market as well as some USDA-donated (special purchase) products.

Column 1 Food as purchased: The individual foods are arranged in alphabetical order.

Column 2 Purchase unit: The purchase unit is specified as 1 can (generally No. 10), 1 pound, 1 dozen, or a package. You can use data for one purchase unit to determine how much you need for any number of servings.

Column 3 Servings per purchase unit: This column shows the number of servings of a given size from each purchase unit. Numbers in this column are sometimes rounded *down* in order to help ensure enough food for the number of servings.

Column 4 Serving size or portion and contribution to the meal pattern: The size of a serving or portion is given as a measure and/or weight or number of pieces. In most cases the serving size and contribution to the meal pattern are the same. When they differ, the contribution is shown in parentheses under the serving size.

Column 5 **Purchase units for 100 servings:** This column shows the number of purchase units you need for 100 servings. Numbers in this column are generally rounded *up* in order to help ensure enough food for the number of servings.

Column 6 Additional yield information: This column gives other information to help you calculate the amount of food you need to prepare school lunches.

APPLES — APRICOTS

Vegetables and Fruits	2	2	4	E	6
1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
VEGETABLES AND FRUITS					
APPLES Fresh	Pound	6.00	½ medium raw apple (about ½ cup fruit)	16.70	1 lb AP = 0.9 lb ready-to- cook or serve raw with peels
		12.00	1/4 cup raw fruit	8.30	1 medium apple approx. 23 inch diameter
		3.00	1 medium baked apple (about ½ cup cooked fruit)	33.40	
		11.40	¼ cup raw pared fruit	8.80	1 lb AP = 0.78 lb ready-to- cook or serve raw, pared
	3	6.84	1/4 cup cooked pared unsweetened fruit	14.70	1 lb AP = 0.78 lb cooked pared
		5.88	1/4 cup sieved unsweetened fruit	17.10	
Canned (slices, solid pack)	No.10 can (100 oz)	50.40	1/4 cup fruit	2.00	1 can = abou 89 oz (11-7/8 cup) drained fruit
	Pound	8.06	1/4 cup fruit	12.40	
Dehydrated (slices or rings, regular moisture)	Pound	21.10	1/4 cup fruit (about 5 pieces)	4.75	1 lb dry = about 5 1/4 cup
		28.70	1/4 cup cooked fruit	3.50	
APPLESAUCE Canned (smooth or chunky)	No.10 can (108 oz)	47.60	1/4 cup fruit	2.10	1 can = abou 12 cup fruit
	Pound	7.06	1/4 cup fruit	14.20	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	6. Additional yield information
APRICOTS Fresh	Pound	11.90	1 medium raw apricot (about ¼ cup fruit)	8.40	
		10.80	1/4 cup raw halves (1/4 cup fruit)	9.25	1 lb AP = 0.93 lb ready-to- serve raw
Canned					
Unpeeled Whole (with pits)	No. 10 can (106 oz)	43.60	1/4 cup fruit and juice	2.30	1 can = about 53 oz (6½ cup) drained pitted fruit
	Pound	6.58	1/4 cup fruit and juice	15.20	
Halves	No. 10 can (106 oz)	48.40	1/4 cup fruit and juice	2.10	1 can = about 62 oz (7½ cup drained fruit
	Pound	7.32	1/4 cup fruit and juice	13.70	
		3.74	1/4 cup heated drained fruit	26.80	
Peeled Whole (with pits)	No.10 can (106 oz)	44.20	¼ cup fruit and juice	2.30	1 can = about 52 oz (7¼ cup drained, pitted fruit
	Pound	7.17	1/4 cup fruit and juice	14.00	
Slices	No. 10 can (106 oz)	45.70	¼ cup fruit and juice	2.20	1 can = about 62 oz (7 ² / ₃ cup drained fruit
	Pound	6.90	1/4 cup fruit and juice	14.50	
Frozen (halves)	Pound	6.74	1/4 cup cooked fruit and juice	14.90	
		4.95	1/4 cup thawed drained fruit	20.30	
Dehydrated (halves, regular moisture)	Pound	11.30	9 cooked dry halves (1/4 cup fruit)	8.85	1 lb dry = about 2-7/8 cu or 100 halves
		23.40	1/4 cup cooked fruit	4.30	

ASPARAGUS — AVOCADOS

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
ASPARAGUS Fresh	Pound	4.85	about 3 cooked spears (1/4 cup vegetable)	20.70	1 lb AP = 0.53 lb ready-to-cook
		4.85	1/4 cup cooked cuts and tips (1/4 cup vegetable)	20.70	1 lb AP = 0.50 lb cooked
Canned Spears	No. 5 squat (64 oz)	26.40	about 3 medium spears (1/4 cup vegetable)	3.80	1 can = abou 38 oz (6²/₃ cup drained vegetable
	Pound	6.62	1/4 cup vegetable	15.20	Medium spear approx. ½ inc diameter at base
Cuts and tips	No.10 can (101 oz)	39.50	¼ cup vegetable	2.55	1 can = abou 58 oz (10 cup) drained vegetable
	Pound	6.26	1/4 cup vegetable	16.00	
Frozen Spears	Pound	10.70	about 3 cooked spears (1/4 cup vegetable)	9.30	
Cuts and tips	Pound	8.18	¼ cup cooked vegetable	12.30	
AVOCADOS Fresh	Pound	8.27	½ cup raw diced vegetable	12.10	1 lb AP = 0.6 lb ready-to- serve raw
		7.55	1/4 cup raw sliced vegetable	13.30	
		5.11	1/4 cup raw mashed vegetable	19.60	

S.18 ½ medium banana (about 3/8 cup fruit) 19.30 Medium is about 7 - 8 inch AP	ood as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
Section Sect			0.00			
R.13	Fresh	Pound	3.00		33.40	5-6½ inch AP
Section Canned Mashed No.10 can (116 oz) Pound 7.03 1 lb in pod = 0.51 lb readyto-serve raw			5.18		19.30	about 7-
Canned Mashed			8.13	· · · · · · · · · · · · · · · · · · ·	12.30	0.65 lb ready-
No.10 can (116 oz) Pound 7.03 1/2 cup fruit 2.00			5.22		19.20	
BEANS, BLACKEYE BEANS OR PEAS Fresh (shelled) Pound 10.30 1/4 cup cooked vegetable 9.70 1 lb in pod = 0.51 lb ready-to-cook			50.90	1/4 cup fruit	2.00	
Pound 10.30 1/4 cup cooked vegetable 9.70 1 lb in pod = 0.51 lb readyto-cook	-	Pound	7.03	1/4 cup fruit	14.30	
Pound 10.30 1/4 cup cooked 9.70 1 lb in pod = 0.51 lb ready-to-cook						
(green) (105 oz) vegetable Pound 6.56 1/4 cup heated vegetable Frozen Pound 11.20 1/4 cup cooked vegetable Pound 28.30 1/4 cup cooked vegetable Pound 28.30 1/4 cup cooked vegetable BEANS, GARBANZO (CHICKPEAS) Canned Pound 7.21 1/4 cup vegetable 13.90 Pound 24.60 1/4 cup cooked 14.00 15.30 15.30 15.30 16.56 17.20 1	Fresh	Pound	10.30	-	9.70	0.51 lb ready-
Pound 11.20 1/4 cup cooked 8.90 vegetable Dry Pound 28.30 1/4 cup cooked 3.55 1 lb dry = about 2 3/4 cup BEANS, GARBANZO (CHICKPEAS) Canned Pound 7.21 1/4 cup vegetable 13.90 Dry Pound 24.60 1/4 cup cooked 4.10 1 lb dry =			43.00		2.35	cup) drained
Pound 28.30 ½ cup cooked 3.55 1 lb dry = about 2¾ cup BEANS, GARBANZO (CHICKPEAS) Canned Pound 7.21 ¼ cup vegetable 13.90 Dry Pound 24.60 ¼ cup cooked 4.10 1 lb dry =		Pound	6.56	•	15.30	
vegetable about 2¾ cup BEANS, GARBANZO (CHICKPEAS) Canned Pound 7.21 ¼ cup vegetable 13.90 Dry Pound 24.60 ¼ cup cooked 4.10 1 lb dry =	Frozen	Pound	11.20		8.90	
(CHICKPEAS) Canned Pound 7.21 ½ cup vegetable 13.90 Dry Pound 24.60 ½ cup cooked 4.10 1 lb dry =	Dry	Pound	28.30		3.55	1 lb dry = about 2 3/4 cup
Canned Pound 7.21 ½ cup vegetable 13.90 Dry Pound 24.60 ½ cup cooked 4.10 1 lb dry =						
	Canned		,		*	
	Dry-	Pound	24.60	•	4.10	1 lb dry = about 2½ cup

BEANS, GREAT NORTHERN — BEANS, GREEN

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BEANS, GREAT NORTHERN Dry	Pound	25.50	½ cup cooked vegetable	3.95	1 lb dry = about 2½ cup
BEANS, GREEN Fresh	Pound	11.10	½ cup cooked vegetable	9.00	1 lb AP = 0.88 lb ready- to-cook
Canned Whole	No.10 can (101 oz)	52.20	¼ cup vegetable	1.95	1 can = about 58 oz (13 cup) drained vegetable
	Pound	8.27	1/4 cup vegetable	12.10	
Cut	No.10 can (101 oz)	45.30	½ cup heated vegetable	2.25	1 can = about 60 oz (12-7/8 cup) drained vegetable
		51.10	1/4 cup vegetable	1.95	
	Pound	7.18	1/4 cup heated vegetable	14.00	
		8.11	1/4 cup vegetable	12.40	
French-style	No.10 can (101 oz)	36.50	1/4 cup heated vegetable	2.75	1 can = about 59 oz (12 cup) drained vegetable
	Pound	5.80	1/4 cup heated vegetable	17.30	
Frozen Cut	Pound	11.60	½ cup cooked vegetable	8.65	
French-style	Pound	12.00	½ cup cooked vegetable	8.30	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BEANS, KIDNEY Canned	No. 10 can (108 oz)	41.90	1/4 cup heated vegetable	2.40	1 can = about 72 oz (11-3/8 cup) drained vegetable
		45.50	1/4 cup vegetable	2.20	
	Pound	6.21	1/4 cup heated vegetable	16.10	
	š	6.75	1/4 cup vegetable	14.90	
Dry	Pound	24.80	1/4 cup cooked vegetable	4.05	1 lb dry = about 2½ cup
BEANS, LIMA Fresh (shelled)	Pound	10.80	½ cup cooked vegetable	9.25	1 lb in pod = 0.44 lb ready- to-cook
Canned (green)	No.10 can (105 oz)	41.00	¼ cup heated vegetable	2.45	1 can = about 72 oz (11¾ cup) drained vegetable
	Pound	6.25	1/4 cup heated vegetable	16.00	
Frozen Baby	Pound	10.90	1/4 cup cooked vegetable	9.20	
Fordhook	Pound	11.10	1/4 cup cooked vegetable	9.00	
Dry Baby	Pound	23.40	½ cup cooked vegetable	4.30	1 lb dry = about 2-3/8 cup
Fordhook	Pound	27.00	½ cup cooked vegetable	3.70	1 lb dry = about 2-5/8 cup
BEANS, MUNG Dry	Pound	28.10	1/4 cup cooked vegetable	3.55	1 lb dry = about 2¼ cup
BEANS, NAVY (PEA) Dry	Pound	23.90	½ cup cooked vegetable	4.20	1 lb dry = about 21/4 cup

BEANS, PINTO — BEAN SPROUTS

I.	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	Additional yield information
BEANS, PINTO		Į.			
Canned	No. 10 can (108 oz)	43.30	1/4 cup heated vegetable	2.35	1 can = about 93 oz (11½ cup) drained vegetable
	Pound	6.41	½ cup heated vegetable	15.60	
Dry	Pound	24.90	½ cup cooked vegetable	4.05	1 lb dry = about 2-3/8 cup
BEANS, SOY Fresh (shelled)	Pound	10.70	½ cup cooked vegetable	9.35	1 lb in pod = about 0.65 lb (1 ³ / ₄ cup) blanched, shelled beans
Canned	Pound	7.34	½ cup heated vegetable	13.70	
Dry	Pound	25.90	½ cup cooked vegetable	3.90	1 lb dry = about 2½ cup
BEANS, WAX Fresh	Pound	9.41	½ cup cooked vegetable	10.70	1 lb AP = 0.88 lb ready- to-cook
Canned	No. 10 can (101 oz)	46.80	½ cup heated vegetable	2.15	1 can = about 60 oz (13 cup) drained vegetable
		51.90	1/4 cup vegetable	1.95	
	Pound	7.42	1/4 cup heated vegetable	13.50	
		8.17	1/4 cup vegetable	12.30	
BEAN SPROUTS Fresh Alfalfa	Pound	39.90	½ cup raw sprouts (½ cup vegetable)	2.55	1 lb AP = 1.21 lb ready- to-serve raw

Vegetables and Fruits			F1ET 10		3.5
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BEAN SPROUTS	n			Rosers . (A)	
ContinuedMung	Pound	26.20	1/4 cup raw sprouts (1/4 cup vegetable)	3.85	
	ব ব্ ব	14.60	1/4 cup parboiled vegetable	6.85	1 lb AP = 0.89 lb parboiled
Soybean	Pound	17.20	1/4 cup parboiled vegetable	5.80	1 lb AP = 0.95 lb parboiled
Canned	No.10 can (102 oz)	39.60	1/4 cup heated vegetable	2.55	1 can = abou 53 oz (11 ³ / ₄ cup) drained vegetable
		46.90	1/4 cup vegetable	2.15	
	Pound	6.22	½ cup heated vegetable	16.10	
	9	7.37	1/4 cup vegetable	13.60	N
BEET GREENS Fresh (untrimmed)	Pound	3.51	½ cup cooked vegetable	28.60	1 lb AP = 0.48 lb ready- to-cook
BEETS Fresh (without tops)	Pound	11.60	1/4 cup raw pared sticks (1/4 cup vegetable)	8.60	1 lb AP = 0.7 lb pared
	4	7.66	1/4 cup cooked diced vegetable	13.10	errence and the second
Connod		7.70	1/4 cup cooked sliced vegetable	13.00	1 lb AP = 0.73 lb cooked slices
Canned Diced	No.10 can (104 oz)	47.60	1/4 cup heated vegetable	2.10	1 can plain or pickled beets = about 72 oz (13-3/8 cup) drained vegetable
		53.50	1/4 cup vegetable	1.90	
	Pound	7.33	1/4 cup heated vegetable	13.70	
		8.24	1/4 cup vegetable	12.20	

BEETS -**BLUEBERRIES**

Vegetables and Fruits	J. C.			335	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BEETS - Continued Sliced	No.10 can (104 oz)	42.00	1/4 cup heated vegetable	2.40	1 can plain or pickled beets about 68 oz (11 cup) drained vegetable
		43.50	1/4 cup vegetable	2.30	
	Pound	6.46	1/4 cup heated vegetable	15.50	
		6.70	1/4 cup vegetable	15.00	
Whole, baby beets	No.10 can (104 oz)	48.20	1/4 cup vegetable	2.10	1 can = about 68 oz (12-1/8 cup) drained vegetable
	Pound	7.42	1/4 cup vegetable	13.50	
BLACKBERRIES, BOYSENBERRIES					
Fresh	Quart (20 oz)	14.90	1/4 cup raw berries (1/4 cup fruit)	6.75	1 qt AP = about 1.2 lb (3 ³ / ₄ cup) ready- to-serve raw
	Pound	11.90	1/4 cup raw berries (1/4 cup fruit)	8.40	1 lb AP = 0.96 lb ready-to- serve raw
Canned	No.10 can (103 oz)	47.80	1/4 cup fruit and juice	2.10	1 can = about 61 oz (10 ² / ₃ cup) drained fruit
	Pound	7.44	1/4 cup fruit and juice	13.50	
Frozen	Pound	8.09	1/4 cup cooked fruit, sugar added	12.40	
		9.00	1/4 cup thawed fruit, sugar added	11.20	
BLUEBERRIES Fresh	Pint (14½ oz)	10.70	½ cup raw berries (½ cup fruit)	9.30	1 pt AP = about 0.87 lb (2 ² / ₃ cup) ready-to-serve raw
	Pound	11.90	1/4 cup raw berries (1/4 cup fruit)	8.40	1 lb AP = 0.96 lb ready-to- serve raw

Vegetables and Fruits		1.		7, TX	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BLUEBERRIES					
ContinuedCanned	No. 10 can (105 oz)	47.60	1/4 cup fruit and juice	2.10	1 can = about 55 oz (9½ cup) drained fruit
	Pound	7.26	1/4 cup fruit and juice	13.80	
Frozen	Pound	11.70	1/4 cup fruit, unsweetened, thawed	8.50	
		7.89	½ cup cooked fruit, sugar added	12.70	
BROCCOLI					
Fresh	Pound	9.80	1/4 cup raw spears (1/4 cup vegetable)	10.30	1 lb AP = 0.81 lb ready- to-cook
		9.48	1/4 cup cooked spears (1/4 cup vegetable)	10.60	1 medium spear = about 1/4 cup
		10.20	1/4 cup cooked cuts (1/4 cup vegetable)	9.80	1
Frozen Spears	Pound	9.62	1/4 cup cooked spears (1/4 cup vegetable)	10.40	
Cut or chopped	Pound	9.61	1/4 cup cooked vegetable	10.40	
BRUSSELS SPROUTS Fresh	Pound	8.54	½ cup cooked vegetable	11.70	1 lb AP = 0.76 lb ready-to- cook
Frozen	Pound	10.40	1/4 cup cooked vegetable	9.55	
CABBAGE Fresh	Pound	17.70	½ cup raw chopped vegetable	5.65	1 lb AP = 0.87 lb ready- to-cook or serve raw
		11.20	1/4 cup raw chopped vegetable with dressing	9.00	
		26.40	1/4 cup raw shredded vegetable	3.80	

CABBAGE — CANTALOUPE

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CABBAGE — Continued		13.80	½ cup cooked shredded vegetable	7.25	1 lb AP = 0.89 lb ready- to-cook shredded
		8.48	1/4 cup cooked vegetable wedges	11.80	1 lb AP = 0.90 lb ready- to-cook wedges
CABBAGE, CELERY OR					****
CHINESE Fresh	Pound	26.30	1/4 cup raw vegetable pieces	3.80	1 lb AP = 0.93 lb ready-to- serve
		10.60	1/4 cup cooked vegetable strips	9.40	
CABBAGE, RED Fresh	Pound	13.00	½ cup raw chopped vegetable	7.70	1 lb AP = 0.64 lb ready- to-cook or serve raw
		24.60	1/4 cup raw shredded vegetable	4.05	1 lb AP = 0.83 lb ready-to-cook or serve raw
		13.30	1/4 cup cooked shredded vegetable	7.50	
CANTALOUPE Fresh	Melon (27 oz)	4.00	1/4 small melon (about 1/2 cup fruit)	25.00	
	Pound	5.82	1/4 cup cubes or diced fruit	17.20	1 lb AP = 0.52 lb ready-to-serve raw
Frozen (melon balls)	Dound	7.05	1/ our fruit and inin	10.00	
In syrup Unsweetened	Pound	7.85 8.76	1/4 cup fruit and juice 1/4 cup fruit	12.80 11.50	1 lb = about 35 balls

Vegetables and Fruits		800	75		
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CARROTS				; \$	
Fresh (without tops)	Pound	10.30	1/4 cup raw vegetable strips (about 6 strips—4 x 1/2 inch)	9.70	1 lb AP = 0.70 lb ready- to-cook or serve raw
		10.60	1/4 cup chopped vegetable	9.45	
		14.40	1/4 cup raw shredded vegetable	6.95	
		8.13	1/4 cup raw shredded vegetable with dressing	12.30	
		9.37	1/4 cup raw vegetable slices	10.70	
		8.44	1/4 cup cooked vegetable slices	11.90	1 lb AP = 0.60 lb cooked
Canned Diced	No. 10 can (105 oz)	48.10	1/4 cup heated vegetable	2.10	1 can = 72 oz drained vegetable
	Pound	7.33	1/4 cup heated vegetable	13.70	
Sliced	No. 10 can (105 oz)	47.40	1/4 cup heated vegetable	2.15	1 can = 68 oz drained vegetable
	Pound	7.23	1/4 cup heated vegetable	13.90	
Frozen Sliced	Pound	10.50	½ cup cooked vegetable	9.45	
Whole	Pound	10.90	1/4 cup cooked vegetable	9.20	
CAULIFLOWER Fresh (trimmed)	Pound	12.50	½ cup raw sliced vegetable	8.00	1 lb AP = 0.62 lb ready- to-cook or serve raw
		12.30	1/4 cup raw vegetable florets	8.10	1 medium hea = about 6 cup florets
	*	8.85	1/4 cup cooked vegetable florets	11.30	1 lb AP = 0.61 lb cooked

CAULIFLOWER — CHARD, SWISS

1. Food as purchased	2. Purchase	3. Servings	4. Serving size or portion	5. Purchase	6. Additional yield
, oca ao paronacoa	unit	per purchase unit	and contribution to the meal requirement	units for 100 servings	information
CAULIFLOWER - Continued Frozen	Pound	9.22	½ cup cooked	10.90	
			vegetable		
CELERY Fresh (trimmed)	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 4 sticks 3 × 3/4 inch)	8.15	
		12.50	1/4 cup raw chopped vegetable	8.00	1 lb AP = 0.83 lb ready- to-cook or serve raw
		12.30	½ cup raw diced vegetable	8.10	
		8.78	1/4 cup cooked diced vegetable	11.40	1 lb AP = 0.74 lb cooke
		8.10	1/4 cup cooked sliced vegetable	12.40	
Canned, Cooked (diced)	No.10 can (105 oz)	28.10	1/4 cup heated vegetable	3.55	1 can = about 51 oz (8½ cup drained vegetable
	Pound	4.29	1/4 cup heated vegetable	23.40	
Canned, Salad (diced)	No.10 can (105 oz)	57.40	1/4 cup vegetable	1.75	1 can = abou 72 oz (14¼ cup) drained vegetable
		54.30	1/4 cup heated vegetable	1.85	
Canned, Salad (diced)	Pound	8.75	1/4 cup vegetable	11.50	
		8.28	1/4 cup heated vegetable	12.10	
CHARD, SWISS Fresh (untrimmed)	Pound	6.36	½ cup cooked vegetable	15.80	1 lb AP = 0.92 lb ready- to-cook

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CHERRIES					
Fresh Sweet	Pound	8.51	1/4 cup raw pitted cherries, about 7 whole (1/4 cup fruit)	11.80	1 lb AP = 0.98 lb ready- to-serve with pits or 0.84 lb pitted
Red, tart	Pound	6.48	1/4 cup cooked pitted fruit, sugar added	15.50	1 lb AP = 0.87 lb pitted uncooked
Canned Sweet (with pits)	No.10 can (106 oz)	43.00	½ cup fruit and juice	2.35	1 can = abou 68 oz (10 cup) drained fruit
	Pound	6.50	1/4 cup fruit and juice	15.40	
Red, tart (pitted)	No.10 can (103 oz)	50.30	¼ cup fruit and juice, sugar added	2.00	1 can = abou 72 oz (11½ cup) drained fruit
	Pound	7.82	¼ cup cooked fruit and juice, sugar added	12.80	
Maraschino	Danis		1/	10.10	
Large	Pound	6.22	1/4 cup fruit	16.10	
Small Frozen (red, tart, pitted)	Pound Pound	5.76 5.96	1/4 cup fruit 1/4 cup cooked fruit	17.40 16.80	
		7.00	1/4 cup fruit, thawed	14.30	1 lb AP = about 0.70 lb (1½ cup) thawed fruit, drained
CHICORY . Fresh	Pound	47.40	1/4 cup raw vegetable pieces	2.15	1 lb AP = 0.89 lb ready- to-serve raw
		31.60	1/4 cup raw vegetable pieces with dressing	3.20	

COLLARDS — CORN

Vegetables and Fruits					
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
COLLARDS					
Fresh (untrimmed)	Pound	6.21	1/4 cup cooked vegetable leaves	16.20	1 lb AP = 0.57 lb ready-to-cook
		10.50	1/4 cup cooked vegetable leaves and stems	9.55	1 lb AP = 0.74 lb ready-to-cook
Canned	No.10 can (98 oz)	24.70	1/4 cup heated vegetable	4.05	1 can = above 58 oz drained vegetable
	Pound	4.04	1/4 cup heated vegetable	24.80	
Frozen (chopped or whole leaf)	Pound	9.29	¼ cup cooked vegetable	10.80	
CORN					
Fresh (with husks)	Pound	1.88	1 medium ear (about ½ cup cooked vegetable)	53.20	1 lb AP = 0.33 lb edible portion cooke
		3.72	1/4 cup cooked vegetable	27.00	
(without husks)	Pound	2.58	1 medium ear (about ½ cup cooked vegetable)	38.80	
		5.68	½ cup cooked vegetable	17.60	1 lb AP = 0.55 lb raw corn
Canned Cream style	No.10 can (106 oz)	43.20	1/4 cup heated vegetable	2.35	
	Pound	6.53	1/4 cup heated vegetable	15.30	
Whole kernel Vacuum pack	No.10 can (75 oz)	41.70	1/4 cup heated vegetable	2.40	1 can = abo 63 oz (10½ cup) vegetab
	Pound	8.90	1/4 cup heated vegetable	11.30	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
CORN — Continued Liquid pack	No.10 can (106 oz)	46.40	½ cup heated vegetable	2.15	1 can = abou 70 oz (11½ cup) drained vegetable
	Pound	7.01	1/4 cup heated vegetable	14.30	
Frozen (whole kernel)	Pound	11.00	1/4 cup cooked vegetable	9.05	
CRANBERRIES Fresh	Pound	15.60	½ cup raw chopped fruit	6.40	1 lb AP = 0.9 lb ready-to- cook or serve raw
		11.10	1/4 cup cooked fruit, sugar added, whole berry	9.00	
		9.98	1/4 cup cooked fruit, sugar added, strained	10.10	
CRANBERRY RELISH OR SAUCE Canned					
Whole	No.10 can (117 oz)	48.00	1/4 cup fruit	2.05	
	Pound	6.70	1/4 cup fruit	15.00	
Strained	No.10 can (117 oz)	47.90	1/4 cup fruit	2.10	
	Pound	6.55	1/4 cup fruit	15.30	
CUCUMBERS Fresh	Pound	12.40	½ cup unpared sliced vegetable	8.10	1 lb AP = 0.84 lb ready- to-serve raw, pared
		10.50	1/4 cup pared diced or sliced vegetable	9.55	-
CURRANTS Dehydrated	Pound	13.80	½ cup dry fruit	7.25	1 lb dry = about 3½ cup

DATES — FRUIT, MIXED

Vegetables and Fruits		e e			
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
DATES Dehydrated					
Regular moisture (pitted)	Pound	11.10	1/4 cup whole fruit	9.00	1 lb dry = about 2 3/4 cup
		10.60	1/4 cup chopped fruit	9.45	1 lb dry = about 2 ² / ₃ cup
Moisturized (with pits)	Pound	10.00	1/4 cup pitted fruit (about 5 dates)	10.00	
EGGPLANT Fresh	Pound	6.77	½ cup cooked vegetable cubes	14.80	1 lb AP = 0.81 lb ready- to-cook
ENDIVE, ESCAROLE Fresh	Pound	19.90	½ cup vegetable	5.05	1 lb AP = 0.78 lb ready- to-serve raw
FIGS Fresh	Pound	4.00	3 small raw figs (about ½ cup fruit)	25.00	
Canned	No.10 can (110 oz)	49.30	1/4 cup fruit and juice	2.05	1 can = abou 64 oz (8 ³ / ₄ cup
	Pound	7.17	1/4 cup fruit and juice	14.00	
Dehydrated	Pound	10.40	1/4 cup dry fruit (about 3 figs)	9.55	1 lb dry = about 2-5/8 cu or 30 figs
		13.40	½ cup cooked fruit and juice	7.45	Ü
FRUIT, MIXED Canned					
Fruit cocktail (peaches, pears, pineapple, grapes, cherries)	No.10 can (106 oz)	46.90	1/4 cup fruit and juice	2.15	1 can = abou 69 oz (9¼ cup drained fruit
	Pound	7.09	¼ cup fruit and juice	14.20	

FRUIT, MIXED — GRAPEFRUIT SECTIONS

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
FRUIT, MIXED - Continued Fruit for salad (apricots, peaches, pears, pineapple, cherries, grapes)	No. 10 can (106 oz)	48.60	¼ cup fruit and juice	2.05	1 can = abou 62 oz (8½ cup drained fruit
	Pound	7.35	1/4 cup fruit and juice	13.70	
Dehydrated (regular moisture)	Pound	9.75	1/4 cup dry fruit	10.30	
GRAPEFRUIT Fresh	Pound	2.00	½ fruit, large (about ½ cup fruit and juice)	50.00	1 lb AP = 0.52 lb ready- to-serve raw
		4.17	1/4 cup fruit sections and juice	24.00	
		3.55	¼ cup fruit juice	28.20	1 lb AP = 0.48 lb (7/8 cu juice
GRAPEFRUIT AND ORANGE SECTIONS Chilled	Gallon (136 oz)	63.90	¼ cup fruit and juice	1.60	1 gal = about 91 oz (13¼ cup) drained fruit
	Pound	7.53	1/4 cup fruit and juice	13.30	
Canned	No. 3 Cyl (50 oz)	22.60	¼ cup fruit and juice	4.45	1 can = abou 26 oz (3½ cup drained fruit
	Pound	7.26	1/4 cup fruit and juice	13.80	
GRAPEFRUIT SECTIONS Canned	No. 3 Cyl (50 oz)	23.30	¼ cup fruit and juice	4.30	1 can = abou 26 oz (3-1/8 cu drained fruit
	Pound	7.47	1/4 cup fruit and juice	13.40	
Frozen	Pound	7.53	½ cup fruit and juice	13.30	1 lb AP = about 0.55 lb (1-1/8 cup) drained thawe fruit

GRAPES — KOHLRABI

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
GRAPES Fresh					
Seedless	Pound	10.40	1/4 cup raw halves— about 9 grapes (1/4 cup fruit)	9.60	1 lb AP = 0.97 lb ready-to-serve raw
With seeds	Pound	10.10	1/4 cup seeded halves—about 6 grapes (1/4 cup fruit)	9.85	1 lb AP = 0.89 lb raw seeded
Canned Seedless	No.10 can (108 oz)	50.00	¼ cup fruit and juice	2.00	1 can = abou 67 oz (10 cup) drained fruit
	Pound	7.41	1/4 cup fruit and juice	13.50	
HONEYDEW MELON Fresh	Pound	4.91	½ cup fruit cubes	20.40	1 lb AP = 0.46 lb ready- to-serve raw
Frozen	Pound	8.76	1/4 cup melon balls (1/4 cup fruit)	11.50	1 lb = about 35 balls
KALE Fresh (untrimmed)	Pound	11.80	½ cup cooked vegetable	8.45	1 lb AP = 0.67 lb ready-to-cook
Canned	No.10 can (98 oz)	40.20	½ cup vegetable	2.50	1 can = 58 oz drained vegetable
	Pound	6.57	1/4 cup vegetable	15.30	
Frozen Chopped	Pound	12.10	½ cup cooked vegetable	8.30	
Whole leaf	Pound	9.51	1/4 cup cooked vegetable	10.60	
KOHLRABI Fresh (untrimmed)	Pound	5.10	1/4 cup cooked vegetable pieces	19.60	1 lb AP = 0.49 lb ready-to- cook, pared

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
LEMONS Fresh	Pound	3.12	¼ cup fruit juice	32.10	1 lb AP = about 0.43 lb (3/4 cup juice)
LETTUCE, HEAD Fresh	Pound	22.20	¼ cup shredded vegetable	4.50	1 lb AP = 0.76 lb ready-to-serve
		20.80	¼ cup raw vegetable pieces	4.80	
		13.90	1/4 cup raw vegetable pieces with dressing	7.20	
Fresh	Pound	21.70	1/4 cup raw vegetable pieces	4.60	1 lb AP = 0.66 lb ready-to-serve raw
		14.50	1/4 cup raw vegetable pieces with dressing	6.90	
LETTUCE, ROMAINE Fresh	Pound	31.30	¼ cup raw vegetable pieces	3.20	1 lb AP = 0.64 lb ready-to- serve raw
		20.90	1/4 cup raw vegetable pieces with dressing	4.80	
LIMES Fresh	Pound	3.55	¼ cup fruit juice	28.20	1 lb AP = about 0.47 lb (7/8 cup) juice
MANGOES Fresh	Pound	7.68	¼ cup cubed or sliced fruit	13.10	1 lb AP = 0.69 lb ready- to-serve raw
MUSHROOMS Fresh	Pound	18.70	½ cup raw sliced vegetable	5.35	1 lb AP = 0.98 lb ready-to-cook
	Pound	8.34	¼ cup cooked sliced vegetable	12.00	

MUSHROOMS — OKRA

Vegetables and Fruits			AL.		
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
MUSHROOMS - Continued Canned	No.10 can (68 oz drained weight) Pound	49.40 11.60	½ cup vegetable 24 cup vegetable	2.05 8.60	1 can = (12½ cup) drained vegetable
	(drained weight)				
MUSTARD GREENS Fresh (untrimmed)	Pound	13.20	½ cup cooked vegetable	7.60	1 lb AP = 0.93 lb ready- to-cook
Canned	No.10 can (98 oz)	42.80	1/4 cup vegetable	2.35	1 can = 58 oz drained vegetable
	Pound	7.00	1/4 cup vegetable	14.30	
Frozen Chopped	Pound	11.60	¼ cup cooked vegetable	8.60	
Leaf	Pound	12.30	¼ cup cooked vegetable	8.10	
NECTARINES Fresh	Pound	3.02	1 medium raw nectarine (about ² / ₃ cup fruit)	33.10	1 medium = approx. 2½ inch diameter
		8.69	1/4 cup raw halves (1/4 cup fruit)	11.60	1 lb AP = 0.91 lb ready- to-serve raw
OKRA Fresh	Pound	9.74	¼ cup cooked whole vegetable	10.30	1 lb AP = 0.87 lb ready- to-cook
		9.07	1/4 cup cooked sliced vegetable	11.10	
Canned Cut	No. 10 can (99 oz)	38.80	1/4 cup heated vegetable	2.60	1 can = about 60 oz (10-1/8 cup) drained vegetable
	Pound	6.27	1/4 cup heated vegetable	16.00	

Vegetables and Fruits					
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
OKRA — Continued Frozen					
Cut	Pound	9.17	1/4 cup cooked vegetable	11.00	
Whole	Pound	11.80	½ cup cooked vegetable	8.45	
OLIVES Canned Green					
Stuffed	No. 10 can (72 oz drained weight)	55.50	1/4 cup vegetable	1.80	
	Pound (drained weight)	12.30	1/4 cup vegetable	8.10	
Whole (pitted)	Gallon	60.40	1/4 cup whole vegetable (about 14 olives)	1.70	1 gal = about 65 oz drained or 848 olives
	Pound (drained weight)	14.80	1/4 cup vegetable	6.80	
Ripe Whole, large size (pitted)	No. 10 can (50 oz drained weight)	48.00	1/4 cup whole vegetable (about 8 olives)	2.10	1 can = abou 380 olives
		42.00	1/4 cup chopped vegetable	2.40	
	Pound (drained weight)	15.30	1/4 cup whole vegetable	6.50	
		12.90	1/4 cup chopped vegetable	7.75	
ONIONS, GREEN Fresh	Pound	15.00	¼ cup raw vegetable, with tops	6.65	1 lb AP = 0.83 lb ready-to-serve, raw, with tops

ONIONS, GREEN — ORANGES

Vegetables and Fruits				38 50	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
ONIONS, GREEN — Continued	Pound	6.78	½ cup raw chopped or sliced vegetable without tops	14.80	1 lb AP = 0.37 lb ready-to-serve raw,
					without tops
ONIONS, MATURE Fresh	Pound	9.34	¼ cup raw chopped vegetable	10.80	1 lb AP = 0.88 lb ready- to-cook or serve raw
		14.20	1/4 cup raw sliced vegetable	7.00	
		7.91	1/4 cup cooked vegetable pieces	12.70	1 lb AP = 0.78 lb cooked
		7.12	1/4 cup cooked whole vegetable	14.10	
Canned	No.10 can (101 oz)	31.20	1/4 cup heated drained vegetable	3.20	1 can = 61 oz drained vegetable
	Pound	4.96	½ cup heated drained vegetable	20.20	
Frozen (chopped)	Pound	13.20	½ cup thawed vegetable	7.55	
ORANGES					
Fresh Size 113 (California, Arizona)	Pound	2.82	1 orange (about 5/8 cup fruit and juice)	35.50	
Size 125 (Florida, Texas)	Pound	2.91	1 orange (about 5/8 cup fruit and juice)	34.40	
All sizes	Pound	7.28	1/4 cup fruit sections with membrane and juice	13.80	1 lb AP = 0.71 lb ready-to-serve
		3.51	¼ cup fruit sections drained, no membrane	28.60	1 lb AP = 0.40 lb ready- to-serve
		3.63	¼ cup fruit juice	27.60	1 lb AP = 0.48 lb (7/8 cu) juice

<u>1</u>	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	Additional yield information
ORANGES — Continued Canned Mandarin	Pound	7.35	1/4 cup fruit and juice	13.70	
PAPAYA Fresh	Pound	8.68	1/4 cup cubed fruit	11.60	1 lb AP = about 0.67 lb ready-to-serve
		5.13	1/4 cup mashed fruit	19.50	,
PARSLEY Fresh	Pound	83.40	½ cup chopped vegetable	1.20	1 lb AP = 0.92 lb ready- to-serve raw
PARSNIPS Fresh	Pound	8.18	½ cup cooked vegetable pieces	12.30	1 lb AP = 0.83 lb ready-
		7.26	1/4 cup cooked mashed vegetable	13.80	
PEACHES Fresh	Pound	4.00	1 medium raw peach (about ½ cup fruit)	25.00	1 medium = approx. 2½
		5.18	¼ cup raw diced fruit	19.30	inch diameter 1 lb AP = 0.76 lb ready- to-cook or serve raw
		7.79	¼ cup raw sliced fruit	12.90	
Canned		7.45	½ cup cooked sliced fruit, sugar added	13.50	
Diced Cling	No. 10 can (106 oz)	48.70	½ cup fruit and juice	2.05	1 can = abou 70 oz (9-1/8 cu drained fruit

PEACHES

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
PEACHES Canned — Continued Halves					
Cling	No. 10 can (106 oz)	47.10	½ peach with juice (¼ cup fruit and juice)	2.15	1 can = abou 64 oz (8-1/8 cup) drained fruit
	Pound	7.12	1/4 cup fruit and juice	14.10	
Freestone	No.10 can (106 oz)	47.10	½ peach with juice (¼ cup fruit and juice)	2.15	1 can = about 60 oz $(6^2/3)$ cup drained fruit
	Pound	7.12	1/4 cup fruit and juice	14.10	
Quarters Cling	No. 10 can (106 oz)	48. 50	1/4 cup fruit and juice	2.10	1 can = about 71 oz (9-7/8 cup) drained fruit
Slices Cling	No. 10 can (106 oz)	47.50	1/4 cup fruit and juice	2.10	1 can = abo 66 oz (7½ cu drained fruit
	Pound	7.17	1/4 cup fruit and juice	14.00	
Freestone	No. 10 can (106 oz)	47.50	1/4 cup fruit and juice	2.10	1 can = abo 60 oz (6 ¾ cu drained fruit
	Pound	- 7.17	1/4 cup fruit and juice	14.00	
Whole spiced	Pound	2.71	1/₃ cup whole fruit— 2 small (about 1/4 cup pitted fruit)	37.00	1 lb AP = 0.34 lb draine pitted fruit
Frozen (sliced)	Pound	7.30	1/4 cup fruit, thawed	13.70	
		7.18	1/4 cup cooked fruit	14.00	
Dehydrated Regular moisture (halves)	Pound	10.80	About 4 halves (1/4 cup dry fruit)	9.30	1 lb dry = about 32 halves (2 ² / ₃ cup)
		22.90	¼ cup cooked fruit and juice	4.40	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
PEARS Fresh	Pound	4.91	½ raw pear (about ½ cup fruit)	20.40	1 lb AP = 0.92 lb ready- to-cook or serve raw un- pared
		7.16	1/4 cup raw pared, cubed fruit	14.00	1 lb AP = 0.78 lb ready- to-cook or serve raw, pared
		7.91	½ cup raw pared, sliced fruit	12.70	
		5.77	1/4 cup cooked pared halves, sugar added (1/4 cup fruit)	17.40	
Canned Halves	No. 10 can (105 oz)	52.00	¼ cup fruit and juice, about 1 pear half	1.95	1 can = abou 0.62 oz (7 ³ / ₄ cup) drained fruit
	Pound	7.92	1/4 cup fruit and juice	12.70	
Diced	No. 10 can (106 oz)	47.60	1/4 cup fruit and juice	2.10	1 can = about 66 oz (9½ cup drained fruit
	Pound	7.26	1/4 cup fruit and juice	13.80	
Dehydrated regular moisture (halves)	Pound	10.70	2½ halves (about ¼ cup dry fruit)	9.35	1 lb AP = about 22 halves (2 ² / ₃ cup)
		20.30	1/4 cup cooked fruit and juice	4.95	
PEAS AND CARROTS Canned	No. 10 can (105 oz)	41.30	½ cup heated vegetable	2.45	1 can = abou 66 oz (11½ cup) drained vegetable
	Pound	6.30	1/4 cup heated vegetable	15.90	
Frozen	Pound	10.90	1/4 cup cooked vegetable	9.15	

PEAS, GREEN — PICKLES

1.	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per	Serving size or portion and contribution to the meal requirement		Additional yield information
PEAS, GREEN Fresh (shelled)	Pound	10.60	½ cup cooked vegetable	9.40	1 lb in pod = 0.38 lb ready-t
Canned	No. 10 can (105 oz)	44.20	1/4 cup heated vegetable	2.30	1 can = about 69 oz (11½ cup) drained vegetable
	Pound	6.74	1/4 cup heated vegetable	14.90	
Frozen	Pound	10.10	1/4 cup cooked vegetable	9.90	
Dehydrated Whole	Pound	25.60	1/4 cup cooked vegetable	3.95	1 lb dry = about 21/3 cup
Split	Pound	23.10	1/4 cup cooked vegetable	4.35	1 lb dry = about 21/4 cup
PEPPERS, GREEN					
Fresh	Pound	14.70	1/4 cup raw vegetable strips	6.80	1 lb AP = 0.80 lb ready- to-cook or serve raw
		9.74	1/4 cup raw chopped or diced vegetable	10.30	
		9.81	1/4 cup cooked vegetable strips	10.20	1 lb AP = 0.73 lb cooke
Frozen (diced)	Pound	15.30	1/4 cup raw vegetable	6.50	
		7.34	¼ cup cooked vegetable	13.70	
PICKLES (whole)	Gallon (about 87 oz drained)	55.20	1/4 cup whole vegetable (about 3 3/4 small gherkins, 1 1/4 large gherkins, 1 small pickle, 1/2 medium pickle, 1/3 large pickle, 1/4 extra large pickle)	1.85	Length of pickles: gherkins = 2-2 3/4 inch, small = 2 3/4-3 1/2 inch, medium = 3 1/2-4 inch, large = 4-4 3/4 inch, extra large = 4 3/4-5 1/4 inch

Vegetables and Fruits					
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
PICKLES - Continued	Gallon	84.40	1/8 cup length-wise	1.20	
		400.00	sliced vegetable	0.70	
		138.00	1/8 cup crosswise sliced vegetable	0.72	
		108.00	1/8 cup chopped vegetable	0.92	
PIMIENTOS					
Canned Chopped or diced	No.10 can (102 oz)	40.70	½ cup vegetable	2.45	1 can = abou 74 oz (10-1/8 cup) drained vegetable
	Pound	6.40	1/4 cup vegetable	15.70	
Whole	No.10 can (102 oz)	38.50	½ cup chopped vegetable	2.60	1 can = abou 71 oz (9 ¾ cup drained vegetable
	Pound	6.05	1/4 cup chopped vegetable	16.60	
PINEAPPLE Fresh	Pound	6.45	½ cup raw cubed fruit	15.60	1 lb AP = 0.54 lb ready- to-serve raw
Canned Chunks	No. 10 can (106 oz)	50.00	¼ cup fruit and juice	2.00	1 can = abou 66 oz (10 cup) drained fruit
	Pound	7.56	1/4 cup fruit and juice	13.30	
Crushed	No. 10 can (107 oz)	49.30	1/4 cup fruit and juice	2.05	1 can = abou 74 oz (10-7/8 cup) drained fruit
	Pound	7.38	1/4 cup fruit and juice	13.60	
Slices	No. 10 can (107 oz)	47.50	1/4 cup fruit and juice (about 11/2 slices)	2.10	1 can = abou 62 oz (9½ cup or 60 slices) drained fruit
	Pound	7.12	1/4 cup fruit and juice	14.10	

PINEAPPLE — POTATOES, WHITE

Vegetables and Fruits					
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
PINEAPPLE — Continued Frozen (chunks)	Pound	7.38	½ cup fruit, thawed	13.60	1 lb AP = 0.61 lb (11/3 cup) thawed fruit, drained
PLANTAINS					
Fresh Green	Pound	7.58	1/4 cup peeled, sliced, boiled fruit	13.20	1 lb = 0.62 lb ready-to-cook
Ripe	Pound	5.62	1/4 cup peeled, sliced, boiled fruit	17.80	1 lb = 0.65 lb ready-to-cook
PLUMS					
Fresh Italian or purple	Pound	10.70	1½ plums (about ¼ cup fruit)	9.35	1 lb AP = 0.94 lb ready-to- cook or serve raw
Japanese or Hybrid	Pound	6.48	1 plum (3/8 cup fruit)	15.50	1 plum = about 1½ inch diameter
Canned Purple, whole	No.10 can (108 oz)	52.30	¼ cup fruit and juice	1.95	1 can = abou 59 oz (7 1/4 cup drained fruit
	Pound	7.75	¼ cup fruit and juice	12.90	
POTATOES, WHITE Fresh	Pound	3.00	1 whole medium baked potato (about ½ cup vegetable)	33.40	1 lb AP = 0.74 lb baked potato without skin
		8.91	½ cup pared, cooked, diced vegetable	11.30	1 lb AP = 0.81 lb ready-to-cook pared
		8.46	1/4 cup cooked mashed vegetable	11.90	
		9.93	1/4 cup cooked sliced vegetable	10.10	
		5.38	1/4 cup hash browns (1/4 cup vegetable)	18.60	

1. Food as purchased	2. Purchase	3. Servings	4. Serving size or portion	5. Purchase	6. Additional yield
·	unit	per	and contribution to the meal requirement	units for 100 servings	information
POTATOES — Continued				•	
Canned (small, whole)	No.10 can (102 oz)	43.70	1/4 cup heated vegetable	2.30	1 can = 72 oz drained vegetable
	Pound	6.87	1/4 cup heated vegetable	14.60	
Frozen French Fries— Regular					
Crinkle cut Market Pack	5-lb pkg	73.60	1/4 cup heated vegetable	1.40	
	Pound	14.70	½ cup heated vegetable	6.80	
USDA-donated (special purchase)	5-lb pkg	50.50	1/4 cup heated vegetable (about 51/2 pieces, 3 inches long)	2.00	
	Pound	10.10	1/4 cup heated vegetable	9.90	
Straight cut	5-lb pkg	76.80	1/4 heated vegetable	1.30	
	Pound	15.30	1/4 cup heated vegetable	6.55	
French Fries— Shoestring Crinkle cut	4½-lb pkg	71.00	½ cup heated vegetable	1.45	
	Pound	14.20	1/4 cup heated vegetable	7.05	
Straight cut	4½-lb pkg	79.00	1/4 cup heated vegetable	1.30	
	Pound	15.80	1/4 cup heated vegetable	6.35	
French Fries—					
Thin Crinkle cut	5-lb pkg	80.00	1/4 cup heated vegetable	1.25	
	Pound	16.00	½ cup heated vegetable	6.25	
Straight cut	5-lb pkg	83.20	1/4 cup heated vegetable	1.20	
	Pound	16.60	1/4 cup heated vegetable	6.05	

1.	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	Additional yield information
POTATOES — Continued Hash browns (diced)	Pound	7.71	½ cup heated vegetable	13.00	
Shredded (preportioned 3 oz raw)	Pound	5.33	1 portion (about ½ cup heated vegetable)	18.80	
Potato rounds*	Pound	10.90	1/4 cup heated vegetable, about 41/2 pieces	9.15	
Whole (small,frozen) Dehydrated	Pound	10.10	1/4 cup heated vegetable	9.90	
(low moisture) Diced	Pound	45.10	½ cup reconstituted vegetable	2.25	1 lb dry = about 5-1/8 c
Flakes	Pound	47.80	1/4 cup reconstituted vegetable	2.10	
Granules	Pound	54.10	1/4 cup reconstituted vegetable	1.85	1 lb dry = about 2 1/4 cu
Slices	Pound	43.50	1/4 cup reconstituted vegetable	2.30	1 lb dry = about 9 ² / ₃ cu
PRUNES, DRY Canned					
Market pack	No. 10 can (108 oz)	47.20	1/4 cup fruit and juice, about 4 prunes with juice)	2.15	1 can = abo 63 oz (7-7/8 cup) drained fruit
	Pound	7.19	1/4 cup fruit and juice	13.90	
USDA-donated (special purchase)	No. 10 can (112 oz)	47.00	1/4 cup fruit and juice	2.15	1 can = abo 92 oz (11½ cup) drained pitted fruit
Dehydrated	Pound	6.71	1/4 cup fruit and juice	14.90	
Regular moisture With pits	Pound	9.65	6 medium prunes, dry (about ¼ cup fruit)	10.40	1 lb dry = about 2-3/8 cr
		12.90	1/4 cup cooked fruit and juice	7.75	

^{*}Shaped, shredded potatoes available under brand names such as Tater Tots, Tater Gems, and Tri Tators.

Vegetables and Fruits		-	30	-	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
PRUNES, DRY - Continued Without pits USDA-donated (special purchase)	Pound	10.60	½ cup dry fruit, about 6 medium prunes	9.40	1 lb dry = about 2 ² / ₃ cup
		14.70	¼ cup cooked fruit and juice	6.80	
PUMPKIN Fresh	Pound	4.70	½ cup cooked mashed vegetable	21.30	1 lb AP = 0.70 lb ready- to-cook
Canned	No.10 can (106 oz)	51.50	½ cup heated vegetable	1.95	
	Pound	7.79	1/4 cup heated vegetable	12.90	
RADISHES Fresh (without tops)	Pound	12.80	¼ cup whole vegetable, about 7 small radishes	7.80	1 lb without tops = 0.94 lb ready-to-serve raw
		15.30	¼ cup raw sliced vegetable	6.55	
RAISINS Dehydrated Regular moisture	Pound	12.60	½ cup dry raisins	7.95	1 lb dry =
(seedless)			(1/4 cup fruit)	100.00	about 3-1/8 cu
	Package (1.3 oz)	1.00	1/4 cup dry raisins (1/4 cup fruit)		
	Pound	21.40	1/4 cup cooked fruit (1/4 cup fruit)	4.70	
RASPBERRIES Fresh	Pint (11½ OZ)	8.71	½ cup raw whole fruit	11.50	1 pt AP = about 0.69 lb (2-1/8 cup) ready-to-serve raw
	Pound	12.10	1/4 cup raw whole fruit	8.30	1 lb AP = about 0.96 lb ready-to-serve raw

RASPBERRIES — SPINACH

1.	2. Purchase	3.	4.	5. Purchase	6.
Food as purchased	unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	units for 100 servings	Additional yield information
RASPBERRIES - Continued	No 40 con	40.00	1/ and finite and into a	0.40	50
Canned (red)	No.10 can (103 oz)	48.00	1/4 cup fruit and juice	2.10	1 can = 53 oz drained fruit
	Pound	7.47	1/4 cup fruit and juice	13.40	
Frozen	Pound	7.29	1/4 cup fruit and juice, thawed	13.80	
RHUBARB Fresh (without leaves)	Pound	6.27	¼ cup cooked fruit, sugar added	16.00	1 lb AP = 0.86 lb ready-to cook
Frozen	Pound	10.00	½ cup cooked fruit, sugar added	9.95	
RUTABAGAS Fresh	Pound	8.38	¼ cup cooked cubed vegetable	12.00	1 lb AP = 0.85 lb ready- to-cook
		5.75	1/4 cup cooked mashed vegetable	17.40	
SAUERKRAUT					
Canned	No.10 can (99 oz)	58.60	1/4 cup heated vegetable	1.75	1 can = 80 oz drained vegetable
	Pound	9.47	¼ cup heated vegetable	10.60	
SPINACH Fresh (partly trimmed)	Pound	30.70	1/4 cup raw chopped vegetable	3.30	1 lb AP = 0.88 lb ready- to-cook or serve raw
		20.40	¼ cup vegetable with dressing	4.90	
		7.68	1/4 cup cooked vegetable	13.10	
Canned	No.10 can (98 oz)	25.20	1/4 cup heated vegetable	4.00	1 can = 55 oz drained vegetable
	Pound	4.12	¼ cup heated vegetable	24.30	

1.	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion and contribution to the meal requirement	Purchase units for 100 servings	Additional yield information
SPINACH — Continued Frozen					
Chopped	Pound	5.69	1/4 cup cooked vegetable	17.60	
Whole leaf	Pound	6.57	1/4 cup cooked vegetable	15.30	
SQUASH, SUMMER Fresh					
Yellow	Pound	7.35	1/4 cup cooked vegetable cubes	13.70	1 lb AP = 0.95 lb ready-to-cook
		6.33	1/4 cup cooked mashed vegetable	15.80	
		8.56	1/4 cup cooked sliced vegetable	11.70	1 lb AP = 0.83 lb cooked
Zucchini	Pound	14.40	1/4 cup raw vegetable sticks	6.95	1 lb AP = 0.94 lb ready-to-cook
		7.61	1/4 cup cooked vegetable cubes	13.20	1 lb AP = 0.86 lb cooked
		10.20	1/4 cup cooked sliced vegetable	9.75	
Canned (sliced)	No.10 can (105 oz)	26.50	1/4 cup heated vegetable	3.80	1 can = about 61 oz (8-3/8 cup) drained vegetable
	Pound	4.05	1/4 cup heated vegetable	24.70	
Frozen Yellow (sliced)	Pound	7.96	½ cup cooked vegetable	12.60	
Zucchini (sliced)	Pound	7.08	½ cup cooked vegetable	14.20	
SQUASH, WINTER Fresh					
Acorn	1 squash (8 oz)	2.00	½ small squash baked in skin (about ¼ cup vegetable)	50.00	1 lb AP = 0.87 lb ready-to-cook in ski
	Pound	4.79	1/4 cup cooked mashed vegetable	20.90	1 lb AP = 0.70 lb ready-to-cook pared

SQUASH WINTER — SUCCOTASH

SQUASH, WINTER Fresh — Continued Butternut		unit	to the meal requirement	units for 100 servings	information
	Pound	7.56	½ cup cooked cubed vegetable	13.30	1 lb AP = 0.84 lb ready- to-cook pared
		5.49	½ cup cooked mashed vegetable	18.30	
Hubbard	Pound	4.40	1/4 cup cooked cubed vegetable	22.80	1 lb AP = 0.64 lb ready-to-cook pared
		4.39	1/4 cup cooked mashed vegetable	22.80	
Frozen (mashed)	Pound	7.02	1/4 cup cooked vegetable	14.30	
STRAWBERRIES	Pint	7.02	1/ our row whole	10.70	1 mt AD
Fresh	(11½ OZ)	7.93	¼ cup raw whole fruit	12.70	1 pt AP = about 0.66 lb ready-to-serve raw
	Pound	10.50	¼ cup raw whole fruit	9.50	1 lb AP = 0.88 lb ready- to-serve raw
Canned	No. 10 can (102 oz)	47.80	1/4 cup fruit and juice	2.10	
	Pound	7.50	1/4 cup fruit and juice	13.40	
Frozen (sliced)	Pound	7.14	¼ cup fruit and juice	14.00	
SUCCOTASH	N. 40	47.00		0.45	
Canned	No.10 can (105 oz)	47.30	1/4 cup vegetable	2.15	1 can = abou 71 oz drained vegetable
	Pound	7.22	1/4 cup vegetable	13.90	
Frozen	Pound	9.45	1/4 cup cooked vegetable	10.60	

SWEET POTATOES — TANGERINES

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	and contribution	5. Purchase units for 100 servings	6. Additional yield information
SWEET POTATOES					
Fresh	Pound	5.04	½ baked potato (about ⅓ cup vegetable)	19.90	1 lb AP = 0.61 lb baked, without skin
		5.59	1/4 cup cooked mashed vegetable	17.90	1 lb AP = 0.80 lb peeled ready-to-cook
		9.13	1/4 cup cooked sliced vegetable	11.00	
Canned					
Syrup pack Cut	No. 10 can (108 oz)	45.40	½ cup heated vegetable	2.20	1 can = abou 71 oz (12½ cup) drained vegetable
	Pound	6.74	1/4 cup heated vegetable	14.90	
Whole	No. 10 can (108 oz)	45.90	1/4 cup heated vegetable	2.20	1 can = abou 71 oz (13 cup) drained
	Pound	6.80	1/4 cup heated vegetable	14.70	
Vacuum pack (whole)	No. 3 (17 oz)	7.94	1/4 cup vegetable	12.60	
	Pound	7.47	1/4 cup vegetable	13.40	
Frozen (in syrup)	Pound	7.61	1/4 cup cooked vegetable	13.20	
TANGERINES					
Fresh	Pound	4.00	1 medium tangerine (about ½ cup fruit and juice)	25.00	1 lb AP = 0.74 lb ready-to-serve
		8.44	1/4 cup fruit sections	11.90	
Canned (Mandarin oranges)	Pound	7.35	1/4 cup fruit and juice	13.70	1 lb AP = about 0.61 lb (1½ cup) drained fruit

TOMATOES -TOMATO PUREE

1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
TOMATOES Fresh	Pound	8.98	½ tomato (about ¼ cup vegetable)	11.20	1 lb AP = 0.99 lb ready-to-serve raw
		9.82	½ cup sliced vegetable	10.20	to-serve raw
Cherry	Pound	11.80	¼ cup whole vegetable	8.50	1 lb AP = 0.97 lb stemmed tomatoes
Canned	No. 10 can (102 oz)	48.80	1/4 cup vegetable	2.05	1 can = abou 66 oz drained
		45.50	1/4 cup heated vegetable	2.20	
	Pound	7.66	1/4 cup vegetable	13.10	
		7.15	1/4 cup heated vegetable	14.00	
TOMATO PASTE					
Canned	No. 10 can (111 oz)	47.80	1/4 cup vegetable	2.10	
	Pound	6.90	1/4 cup vegetable	14.50	
Canned Reconstituted at 3:1 ratio	No. 10 can (111 oz)	192.00	½ cup vegetable	0.52	1 No. 10 can paste plus 3 cans water = 48 cup juice
	Pound	27.60	1/4 cup vegetable	3.65	
Reconstituted at 1:1 ratio	No. 10 can (111 oz)	96.00	1/4 cup vegetable	1.05	1 No. 10 can paste plus 1 No. 10 can water = 24 cup puree
	Pound	13.80	1/4 cup vegetable	7.25	
TOMATO PUREE Canned	No.10 can (106 oz)	48.00	½ cup vegetable	2.10	
	Pound	7.26	1/4 cup vegetable	13.80	

TOMATO PUREE — TURNIPS

1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
TOMATO PUREE - Continued Canned Reconstituted at 1:1 ratio	No.10 can (106 oz)	96.00	½ cup vegetable	1.05	1 No. 10 can tomato puree plus one can water = 24 cup juice
	Pound	14.40	1/4 cup vegetable	6.90	
TOMATO SAUCE Canned	No.10 can (106 oz)	50.70	½ cup vegetable	2.00	
	Pound	7.66	1/4 cup vegetable	13.10	
TURNIP GREENS Fresh (untrimmed)	Pound	6.51	½ cup cooked vegetable	15.40	1 lb AP = 0.70 lb ready- to-cook
Canned	No.10 can (98 oz)	27.60	½ cup heated vegetable	3.65	1 can = 58 c drained vegetable
	Pound	4.51	1/4 cup heated vegetable	22.20	
Frozen (chopped or whole leaf)	Pound	9.60	½ cup cooked vegetable	10.50	
TURNIPS Fresh (without tops)	Pound	11.20	½ cup raw cubed or diced vegetable	8.95	1 lb AP = 0.79 lb ready- to-cook or served raw
		8.73	1/4 cup cooked cubed vegetable	11.50	1 lb AP = 0.78 lb cooke
		5.65	1/4 cup cooked mashed vegetable	17.70	

VEGETABLES, MIXED — WATERMELON

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
VEGETABLES, MIXED Canned	No.10 can (104 oz)	41.30	½ cup heated vegetable	2.45	1 can = 70 oz drained vegetable
Frozen	Pound Pound	6.36 8.15	1/4 cup vegetable 1/4 cup cooked vegetable	15.80 12.30	
WATER CHESTNUTS Canned	Pound	6.78	½ cup drained fruit	14.80	
WATERCRESS Fresh	Pound	50.50	½ cup raw vegetable sprigs or pieces	2.00	1 lb AP = 0.92 lb ready- to-serve raw
WATERMELON Fresh	Melon (about 27 lb)	64.00	1 wedge (about ² / ₃ cup fruit)	1.60	
	Pound	6.46	1/4 cup cubed fruit	15.50	1 lb AP = 0.5 lb ready-to- serve raw

JUICES

Vegetables and Fruits					
1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
JUICES Canned*					
Single strength (100% juice)	No.10 can (96 fl oz)	48.00	¼ cup fruit or vegetable juice	2.10	1 can = 12 cup juice
Vegetable or fruit (such as apple,	No. 3 Cyl (46 fl oz)	23.00	1/4 cup fruit or vegetable juice	4.35	
grape, grapefruit, grapefruit-orange, lemon, orange, pineapple, prune, tomato, tangerine)	Quart (32 fl oz)	16.00	½ cup fruit or vegetable juice	6.25	
Frozen* Concentrated Any fruit (such as apple, grape, grapefruit, grapefruit-orange, lemon, orange, and lime) (1 part juice to 3 parts water)	32 fl oz can (about 38 oz)	64.00	1/4 cup reconstituted fruit juice	1.60	1 can reconstituted = 16 cup (128 fl oz) Reconstitute part juice with not more than 3 parts water
o parto water,	6 fl oz can (about 7 oz)	12.00	1/4 cup reconstituted fruit juice	8.35	1 can reconst tuted = 3 cup (24 fl oz)
USDA-donated (special purchase)					
Concentrated, orange (1 part juice to 5 parts water)	32 fl oz can (about 42 oz)	96.00	¼ cup reconstituted fruit juice	1.05	1 can reconstituted = 24 cu (192 fl oz). Reconstitute part juice with not more than 5 parts water)

^{*}The canned and frozen juices listed in Column 1 are usually available in the can sizes listed in Column 2.

SOUPS, CANNED

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
SOUPS, CANNED Condensed soups (1 part soup to 1 part water) clam chowder,					
minestrone, tomato, tomato with other basic components such as rice,	No. 3 Cyl (about 46 fl oz)	11.00	1 cup reconstituted (about ¼ cup vegetable)	9.10	Reconstitute of part soup with not more than 1 part water
vegetable (all vegetable), and vegetable with other basic	Pound	3.68	1 cup reconstituted (about ¼ cup vegetable)	27.20	
as meat or poultry					
Ready-to-serve soups clam chowder, minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such	8 oz can	1.00	1 cup serving (about 1/4 cup (vegetable)	100.00	
as meat or poultry					

Food Buying Guide for School Food Service Section 3

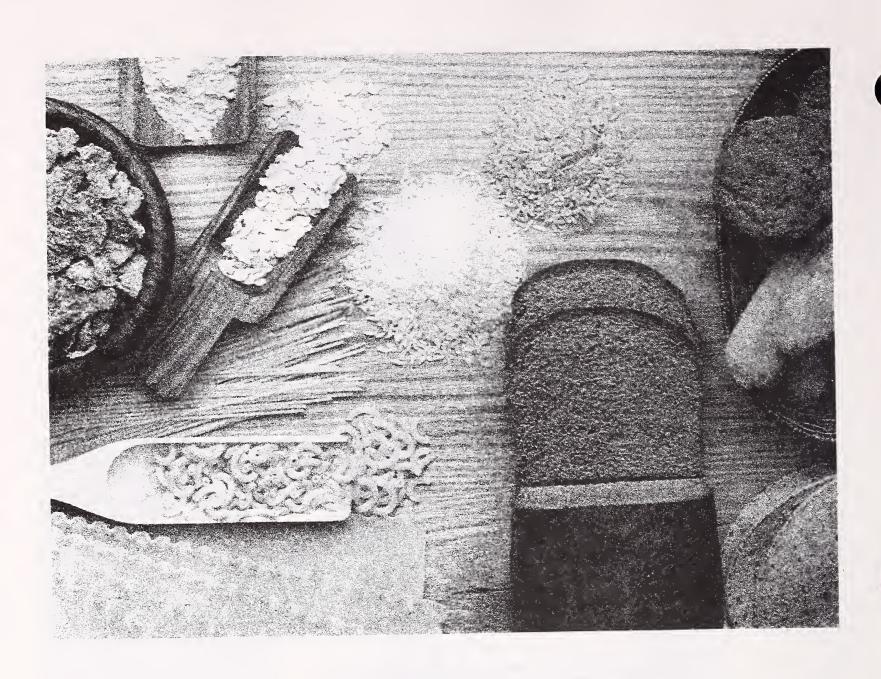


BREAD/BREAD **ALTERNATES**

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U.S. Department of Agriculture



Section 3, Bread and Bread Alternates for the National School Lunch Program

National School Lunch Program regulations require that a lunch served contain a bread or bread alternate in the amounts given in Chart 1, School Lunch Patterns.

A serving of bread or bread alternate for the National School Lunch Program is defined as:

- One slice (25 grams or 0.9 ounce) of enriched or whole-grain bread.
- An enriched or whole-grain biscuit, roll, muffin, etc.
- A serving (1/2 cup) of cooked whole or enriched cereal grains such as rice, corn grits, or bulgur.
- A serving (1/2 cup) of cooked macaroni or noodle products. Enriched macaroni-type products with fortified protein (as specified in Appendix A to the lunch program regulations) may be counted as meeting either the bread requirement or the meat requirement, but not both in the same meal.
- A combination of any of the above.

Criteria for Crediting
a Bread or
Bread Alternate
in the National School
Lunch Program

- 1. Whether it meets regulations governing the child nutrition programs (on quantity requirements and on use of whole-grain or enriched products).
- 2. Whether it meets the U.S. Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, cornmeal or corn grits.
- 3. Whether it serves the customary function of bread, pasta, or cereal grain in a meal, i.e., whether the product is served as an accompaniment to, or an integral part of, the main dish.
- **4.** Whether it contains whole-grain or enriched flour or meal as the *primary ingredient* by weight, or is enriched in preparation or processing and is labeled "enriched."
- **5.** Whether it is acceptable in the light of dietary concern for moderation of fat intake.

The following products **do not qualify** as bread alternates and may not be credited toward meeting the bread requirement in meals served under the National School Lunch Program:

Sweet Products, such as cakes, cookies, doughnuts, formulated grain-fruit products, pie, and rice pudding.

Snack Products, such as hard thin pretzels, corn chips, and other similar items made from grain.

Definition of Terms

"Bread equivalents" (this term appears in column 4 of the yield table) designates the contribution a given serving size makes toward the total number of servings needed per week.

"Flour" is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour includes all grains (wheat, rye, corn, etc.).

"Meal" is the product derived by coarsely grinding corn or oats.

"Enriched" means that the product conforms to the Food and Drug Administration's Standard of Identity for levels of iron, thiamin, riboflavin, and niacin. The terms "enriched," "fortified," or similar terms may be used interchangeably to indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

"Whole-grain" flour or meal is the product derived by grinding the entire grain. If a flour or meal does not contain the germ, it is not whole-grain.

NOTE: Because whole-grain cornmeal or corn flour is lower in nutrients than enriched cornmeal, we recommend that you use enriched cornmeal rather than the whole-grain meal.

Minimum Weight of a Serving

The following criteria were used in determining the minimum weight of a serving:

1. Nutrient content equivalent to the iron, thiamin, riboflavin, and niacin content in a 25 gram (or 0.9 ounce) serving of enriched white bread (see below).

Bread, enriched, white (25 grams or 0.9 ounce)						
Iron	Thiamin	Riboflavin	Niacin			
0.44 to 0.69 mg	0.10 mg	0.06 mg	0.8 mg			

Based on the Food and Drug Administration's Standard of Identity (Code of Federal Regulations, Part 136.115 (1979)).

- 2. Practicality of serving size.
- 3. Total solids content of the item. Breads and bread alternates have been divided into four groups according to moisture content, all having approximately the same nutrients, percent solids, and grain content per serving. The minimum weight of each group is based on the grain content of the product (exclusive of fillings, toppings, etc.).

Chart 4, Bread and Bread Alternate Groups for the National School Lunch Program

Group A-Breads, Rolls, and Quick Breads

Bagels ''Fry'' Bread Stuffing, Bread (weights Biscuits Italian Bread apply to the bread in

Boston Brown Bread Muffins the stuffing)
Buns Pretzels (soft) Syrian Bread (flat)
Corn Bread Pumpernickel White Bread

Cracked Wheat Bread Raisin Bread Whole Wheat Bread

English Muffins Rolls
French or Vienna Bread Rye Bread

Group B—Crackers and Low Moisture Breads

 $1/4 \ serving = 5 \ grams (0.2 \ oz)$ $3/4 \ serving = 15 \ grams (0.5 \ oz)$ $1/2 \ serving = 10 \ grams (0.4 \ oz)$ $1 \ serving = 20 \ grams (0.7 \ oz)$

Bread Sticks (dry) Rye Wafers Taco Shells Melba Toast Saltine Crackers Zwieback

Soda Crackers

Group C-Miscellaneous Items

1/4 serving = 8 grams (0.3 oz) 3/4 serving = 22 grams (0.8 oz)1/2 serving = 15 grams (0.5 oz) 1 serving = 30 grams (1.1 oz)

Dumplings Pancakes Tortillas Hush Puppies Pizza Crust Waffles

Meat/Meat Alternate Sopaipillas
Pie Crust Spoonbread

Meat/Meat Alternate
Turnover Crust

Group D—Pasta and Cereal Grains (Enriched or Whole-Grain)

1/4 serving = 1/8 cup 3/4 serving = 3/8 cup 1/2 serving = 1/4 cup 1 serving = 1/2 cup

Bulgur Macaroni Spaghetti

Corn Grits Noodles (egg)

Lasagna Noodles Rice

NOTE: Some of the foods in Groups A through D above, or their accompaniments, may contain considerable amounts of sugar, salt and/or fat. Keep this in mind when considering how often to serve them.

Bread and Bread Alternates for the School Breakfast Program Regulations for the School Breakfast Program require that each breakfast must contain a serving of bread or bread alternate.

A serving of bread or bread alternate for the School Breakfast Program is defined as:

- One slice (25 grams or 0.9 ounce) of enriched or whole-grain bread.
- An enriched or whole-grain biscuit, roll, muffin, etc.
- 3/4 cup volume or 1 ounce weight, whichever is less, of whole-grain, enriched or fortified cereal or cooked whole or enriched cereal grains.
- A combination of any of the above.

All breads and bread alternates included in the listing on Chart 4 for the National School Lunch Program, plus the following additions under Group A and Group D, meet the bread requirement for the School Breakfast Program. Formulated grain-fruit products meet the bread requirement and fruit or vegetable or juice requirement for the School Breakfast Program. The minimum serving size for these products is 2 ounces (56 grams).

Group A

See Chart 4 for serving sizes (weights) for Group A

Coffee Cake Doughnuts Sweet Rolls

NOTE: These items, as well as presweetened cereals in Group D below, contain considerable amounts of sugar and/or fat. Keep this in mind when considering how frequently to serve them.

Group D

Current breakfast program regulations require a 3/4-cup serving or 1 oz, whichever is less, of whole-grain or enriched or fortified cereal.

Bulgur Dry Cereals Rolled Oats
Corn Grits Farina Rolled Wheat
Cornmeal Rice Wheat Cereal

Instructions for Using Yield Data

The data on bread and bread alternates in the following table include yield information on **common types** and **customary portion sizes** of products that you can buy on the market. All breads—commercially baked or school baked—must be whole-grain or enriched to meet the bread requirement of the breakfast or lunch programs.

The size and shape of the loaves and the thickness and number of slices per loaf will vary with the kind of bread and the bakers. The approximate weight of a serving of bread or alternate is given in the table. If the weight of a serving differs greatly from the approximate weight, you may need to make adjustments in the amount you buy.

Explanation of Table

Column 1 Food as purchased: In general, foods are arranged in alphabetical order. The Group number is listed for each product. For additional information on these groups, see Chart 4.

Column 2 Purchase unit: The purchase unit is 1 pound, 1 dozen, or a package. You can use data for one purchase unit to determine how much of the item you need for the number of people you serve.

Column 3 Servings per purchase unit: This column shows the number of servings of a given size obtained from each purchase unit. Numbers in this column are often rounded *down* in order to help ensure enough food for the number of servings.

Column 4 Serving size or portion and contribution to the meal pattern: The size of a serving is expressed in volume and/or weight. The number of bread equivalents provided by this serving size is given in parentheses for bread, rolls, muffins, crackers, rice, and pasta. Note that the serving sizes of cereals and cereal grains are different for the School Breakfast Program than for the National School Lunch Program. For the School Breakfast Program, 3/4 cup or 1 ounce (whichever is less) of cereal or cereal grains counts as one bread equivalent. However, 1/2 cup of any cooked cereal grain counts as one bread equivalent in the National School Lunch Program.

Column 5 Purchase units for 100 servings: This column shows the number of purchase units needed for 100 servings. Numbers in this column are generally rounded *up* in order to help ensure enough food for the number of servings.

Column 6 Additional yield information: This column gives other information to help you calculate the amount of food you need to prepare school lunches. For example, the number of cups you will get from a pound of food as purchased is shown for many bread alternates.

BAGELS -**BREAD STICKS**

1. Food as purchased	2. Purchase unit	per	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
BAGELS (Group A)	Dozen	12.00	1 bagel (57 g or 2 oz) (2 bread equivalents)	8.35	
BREAD (Group A) BOSTON BROWN	Pound	16.00	1 slice (28 g or 1 oz) (1 bread equivalent)	7.15	Cut 16 slices per loaf
CRACKED WHEAT*	Pound	16.00	1 slice (25 g or 0.9 oz) (1 bread equivalent)	6.25	
FRENCH*	Pound	14.00	1 slice (28 g or 1 oz) (1 bread equivalent)	7.15	
ITALIAN*	Pound	14.00	1 slice (28 g or 1 oz) (1 bread equivalent)	7.15	
PUMPERNICKEL*	Pound	15.00	1 slice (28 g or 1 oz) (1 bread equivalent)	6.70	
RAISIN*	Pound	16.00	1 slice (25 g or 0.9 oz) (1 bread equivalent)	6.25	
RYE*	Pound	15.00	1 slice (28 g or 1 oz) (1 bread equivalent)	6.70	
VIENNA*	Pound	14.00	1 slice (28 g or 1 oz) (1 bread equivalent)	7.15	
WHITE* Firm crumb	Pound	14.00	1 slice (28 g or 1 oz) (1 bread equivalent)	7.15	
Soft crumb	Pound	16.00	1 slice (25 g or 0.9 oz) (1 bread equivalent)	6.25	
WHOLE WHEAT*	Pound	16.00	1 slice (25 g or 0.9 oz) (1 bread equivalent)	6.25	
BREAD STICKS (Group B)	Pound	22.60	4 sticks (20 g or 0.7 oz) (1 bread equivalent)	4.45	7-3/4 inches long, 3/4 inches diameter

^{*}The number of slices per purchase unit does not include the end slices.

1. Food as purchased	2. Purchase	3. Servings	4. Serving size or portion	5. Purchase	6. Additional yield
	unit	per	and contribution to the meal requirement	units for 100 servings	information
CEREALS (Group D)					
BULGUR	Pound	13.00	3/4 cup cooked (breakfast)	7.70	1 lb dry = about 3 cup
		19.60	1/2 cup cooked (1 bread equivalent for lunch)	5.10	
CORNMEAL (yellow) Degerminated	Pound	16.90	3/4 cup cooked (breakfast)	5.95	1 lb dry = about 3 cup
		25.30	1/2 cup cooked (1 bread equivalent for lunch)	3.95	
Stone ground	Pound	19.10	3/4 cup cooked (breakfast)	5.25	1 lb dry = about 3-3/8 cup
		28.60	1/2 cup cooked (1 bread equivalent for lunch)	3.50	
CORN GRITS Instant	Pound	18.20	3/4 cup cooked (breakfast)	5.50	1 lb dry = about 5-3/4 cup
		27.40	1/2 cup cooked (1 bread equivalent for lunch)	3.65	
Quick	Pound	15.00	3/4 cup cooked (breakfast)	6.70	1 lb dry = about 2-3/4 cup
		22.40	1/2 cup cooked (1 bread equivalent for lunch)	4.50	
Regular	Pound	16.70	3/4 cup cooked (breakfast)	6.00	1 lb dry = about 2-3/4 cup
		25.10	1/2 cup cooked (1 bread equivalent for lunch)	4.00	

CEREALS

Bread and Bread Altern	ates enrich	ned or who	ole-grain		
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
FARINA Instant	Pound	15.10	3/4 cup cooked (breakfast)	6.60	1 lb dry = about 2-3/8 cup
		22.70	1/2 cup cooked (1 bread equivalent for lunch)	4.40	
Quick	Pound	19.30	3/4 cup cooked (breakfast)	5.20	1 lb dry = about 2-1/2 cup
		29.00	1/2 cup cooked (1 bread equivalent for lunch)	3.45	
Regular	Pound	19.60	3/4 cup cooked (breakfast)	5.10	1 lb dry = about 2-1/2 cup
		29.40	1/2 cup cooked (1 bread equivalent for lunch)	3.40	
READY-TO-EAT (wheat, corn, rice, oats, granola)	Package	1.00	3/4 cup or 1 ounce (breakfast only)	100.00	Package contents vary with the cereal—flakes, puffs, biscuits, shreds, granules, etc.
ROLLED OATS Instant	Pound	15.60	3/4 cup cooked (breakfast)	6.40	1 lb dry = about 5-2/3 cup
		23.40	1/2 cup cooked (1 bread equivalent for lunch)	4.30	
Quick	Pound	15.80	3/4 cup cooked (breakfast)	6.30	1 lb dry = about 6-1/4 cup
		23.80	1/2 cup cooked (1 bread equivalent for lunch)	4.25	
Regular	Pound	15.10	3/4 cup cooked (breakfast)	6.60	1 lb dry = about 6 cup
		22.70	1/2 cup cooked (1 bread equivalent for lunch)	4.40	

1.	2.	3.	4.	5.	6.
Food as purchased	Purchase unit	Servings per		Purchase units for 100 servings	
ROLLED WHEAT	Pound	14.70	3/4 cup cooked (breakfast)	6.80	1 lb dry = about 4-3/4 cup
		22.00	1/2 cup cooked (1 bread equivalent for lunch)	4.55	
WHEAT, CEREAL Instant	Pound	16.30	3/4 cup cooked (breakfast)	6.15	1 lb dry = about 4 cup
		24.50	1/2 cup cooked (1 bread equivalent for lunch)	4.10	
Regular	Pound	16.40	3/4 cup cooked (breakfast)	6.10	1 lb dry = about 3-1/3 cup
		24.60	1/2 cup cooked (1 bread equivalent for lunch)	4.10	
CRACKERS (Group B)					
SALTINES	Pound	20.00	8 crackers (23 g or 0.8 oz) (1 bread equivalent)	5.00	
SODA	Pound	22.50	4 crackers (20 g or 0.7 oz) (1 bread equivalent)	4.45	
ENGLISH MUFFIN (Group A)		· .			
LARGE	Dozen	12.00	1 muffin (57 g or 2 oz) (2 bread equivalents)	8.35	
SMALL	Dozen	12.00	1 muffin (40 g or 1.4 oz) (1-1/2 bread equivalents)	8.35	
MELBA TOAST (Group B)	Pound	22.20	5 pieces (20 g or 0.7 oz) (1 bread equivalent)	4.50	

PASTA — RICE

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
PASTA (Group D)					
MACARONI Elbow Regular	Pound	19.50	1/2 cup cooked (1 bread equivalent)	5.15	1 lb dry = about 3-1/2 cup
Protein – fortified	Pound	19.80	1/2 cup cooked (1 bread equivalent)	5.05	1 lb dry = about 9-7/8 cup
Spiral	Pound	16.90	1/2 cup cooked (1 bread equivalent)	5.95	1 lb dry = about 5-3/8 cup
NOODLES Egg (medium)	Pound	20.10	1/2 cup cooked (1 bread equivalent)	5.00	1 lb dry = about 11-7/8 cup
Lasagna	Pound	18.20	1/2 cup cooked (1 bread equivalent)	5.50	1 lb dry = about 19 pieces
SPAGHETTI Regular	Pound	16.50	1/2 cup cooked (1 bread equivalent)	6.05	1 lb dry = about 6-3/8 cup
Protein – fortified	Pound	23.60	1/2 cup cooked (1 bread equivalent)	4.25	1 lb dry = about 11-7/8 cup
PRETZELS, DUTCH (soft) (Group A)	Dozen	12.00	1 pretzel (16 g or 0.6 oz) (1/2 bread equivalent)	8.35	
RICE (Group D)		y			
Brown (long grain)	Pound	13.00	3/4 cup cooked (breakfast)	7.70	
	Pound	19.50	1/2 cup cooked (1 bread equivalent)	5.15	1 lb dry = about 2-1/2 cup

1. Food as purchased	2. Purchase	3. Servings	4. Serving size or portion	5. Purchase	6. Additional yield
	unit	per purchase unit	and contribution	units for 100 servings	information
RICE—continued					
White Long grain Parboiled	Pound	12.00	3/4 cup cooked (breakfast)	8.35	
	Pound	17.90	1/2 cup cooked (1 bread equivalent)	5.60	1 lb dry = about 2-1/2 cup
Precooked	Pound	15.70	3/4 cup cooked (breakfast)	6.35	
	Pound	23.60	1/2 cup prepared with boiling water (1 bread equivalent)	4.25	1 lb dry = about 4-1/2 cup
	Pound	10.20	3/4 cup simmered (breakfast)	9.80	
	Pound	15.30	1/2 cup simmered (1 bread equivalent)	6.55	1 lb dry = about 7 cup
Regular	Pound	11.90	3/4 cup cooked (breakfast)	8.35	
	Pound	17.90	1/2 cup cooked (1 bread equivalent)	5.60	1 lb dry = about 2-1/3 cup
Medium (regular)	Pound	12.00	3/4 cup cooked (breakfast)	8.30	
	Pound	18.00	1/2 cup cooked (1 bread equivalent)	5.55	1 lb dry = about 2-1/4 cup
Short (regular)	Pound	10.50	3/4 cup cooked (breakfast)	9.50	
	Pound	15.80	1/2 cup cooked (1 bread equivalent)	6.35	1 lb dry = about 2-1/4 cup
ROLLS (Group A)					
CLOVERLEAF	Dozen	12.00	1 roll (30 g or 1.1 oz) (1 bread equivalent)	8.35	
FRANKFURTER	Dozen	12.00	1 roll (40 g or 1.4 oz) (1-1/2 bread equivalents)	8.35	

ROLLS — ZWIEBACK

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
HAMBURGER Medium	Dozen	12.00	1 roll (50 g or 1.8 oz) (2 bread equivalents)	8.35	
Small	Dozen	12.00	1 roll (40 g or 1.4 oz) (1-1/2 bread equivalents)	8.35	
HARD ROLLS (Round or Kaiser)	Dozen	12.00	1 roll (57 g or 2 oz) (2 bread equivalents)	8.35	
HOAGIE OR SUBMARINE	Dozen	24.00	1/2 roll (68 g or 2.4 oz) (2-1/2 bread equivalents)	4.20	1/2 roll = 6-1/2 inches
PARKERHOUSE	Dozen	12.00	1 roll (30 g or 1.1 oz) (1 bread equivalent)	8.35	
RYE WAFERS (Group B)	Pound	18.00	4 wafers (25 g or 0.9 oz) (1 bread equivalent)	5.60	
TACO SHELLS (Group B)	Dozen	6.00	2 taco shells (20 g or 0.8 oz) (1 bread equivalent)	16.70	
TORTILLAS (Group C) (6-inch diameter)	Dozen	12.00	1 tortilla (30 g or 1.1 oz) (1 bread equivalent)	8.35	
ZWIEBACK (Group B)	Pound	21.30	3 pieces (21 g or 0.7 oz) (1 bread equivalent)	4.70	



Milk

107 Fluid Milk for the National School Lunch and School Breakfast Programs

108 Yield Data Table for Fluid Milk



Section 4, Milk

Regulations for the National School Lunch Program require that, to be eligible for cash reimbursement, each meal must contain, as a minimum, ³/₄ cup fluid milk as a beverage for Groups I and II, and ¹/₂ pint fluid milk as a beverage for Groups III-V. At least one of the following types of milk must be offered: unflavored fluid lowfat milk, skim milk, or buttermilk. You may also offer other fluid milks such as whole milk or any flavored milk. You are not **required** to offer a **choice** of milk if you serve unflavored lowfat milk, skim milk, or buttermilk.

Regulations for the School Breakfast Program require that each breakfast contain one-half pint of fluid milk. You may serve it as a beverage, on cereal, or both.

Fluid milk means pasteurized fluid unflavored or flavored skim milk, lowfat milk or whole milk or cultured buttermilk, all of which meet State and local standards for such milk. The milk should contain vitamins A and D at levels consistent with State and local standards.

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
MILK, FLUID	Gallon	16.00	½ pint milk	6.25	
lowfat milk, skim milk, butter-	Quart	4.00	½ pint milk	25.00	
milk, whole milk (unflavored or flavored)	½ pint	1.00	½ pint milk	100.00	
MILK, FLUID	Gallon	21.30	³⁄₄ cup milk	4.70	
lowfat milk, skim milk, butter-	Quart	5.30	¾ cup milk	18.75	
milk, whole milk (unflavored or flavored)	³ / ₄ cup (6 fl oz)	1.00	³⁄₄ cup milk	100.00	
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Food Buying Guide for School Food Service Section 5



OTHER FOODS

- 111 Description of Other Foods
- 112 Yield Data Table for Other Foods

Section 5, Other Foods

The foods in this section do not meet the requirement for any component in the meal patterns. They are included for your convenience since they are foods frequently used as condiments and seasonings, to round out the meal, to improve acceptability, and to satisfy the students' appetites.

These foods supply calories which help to meet the energy needs of growing boys and girls. They also contribute varying amounts of protein, vitamins, and minerals essential to good nutrition. However, many of these foods are high in salt, sugar, or fat. For that reason you may want to consider carefully how often and in what amounts you use them.

The section does not include yields for all of the "other foods" you need in preparing school meals. Flour and sugar, for example, are not included since they are never served alone. When purchase units for 100 servings of a food seem inappropriate, such as 100 cups of mustard, column 5 is left blank.

Foods are designated as "USDA-donated (special purchase)" or "Market Pack" in Column 1. USDA-donated (special purchase) foods are not normally available on the market. Market Pack foods are commercially available.

Refer to the Introduction Section for instructions for using Yield Data Tables.

BUTTER, MARGARINE — COCONUT

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion	5. Purchase units for 100 servings	6. Additional yield information
BUTTER, MARGARINE		ā			
BUTTER	Pound	96.00	1 teaspoon butter	1.05	
MARGARINE	Pound	96.00	1 teaspoon margarine	1.05	
CATSUP, CHILI SAUCE, MUSTARD, PICKLE RELISH					
CATSUP, TOMATO	No. 10 can (115 oz)	11.40	1 cup catsup	<u> </u>	1 can = about 11½ cup
		91.80	2 tablespoon catsup	1.10	
	Pound	1.60	1 cup catsup		
CHILI SAUCE	No. 10 can (113 oz)	12.90	1 cup sauce	-	
		103.00	2 tablespoon sauce	.96	
	Pound	1.84	1 cup sauce	-	
MUSTARD, PREPARED	1 gallon (about 142 oz)	16.00	1 cup mustard	-	
		128.00	2 tablespoon mustard	.78	
	Pound	1.81	1 cup mustard	_	
PICKLE RELISH	1 gallon (about 147 oz)	16.00	1 cup relish	_	1 gal = about 58 oz drained
		128.00	2 tablespoon relish	.78	
	Pound	1.85	1 cup relish	-	
COCONUT					
Fresh (in shell)	Pound	2.72	1 cup shredded or grated coconut	-	1 lb in shell = about 0.48 lb (2 ³ / ₄ cup) ready to-serve
Dried					
Flakes	Pound	5.15	1 cup coconut		
Shredded	Pound	4.98	1 cup coconut	-	
Frozen (shredded)	Pound	5.89	1 cup coconut	-	

CRACKERS, GRAHAM -DAIRY PRODUCTS

Other Foods					
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion	Purchase units for 100 servings	6. Additional yield information
CRACKERS, GRAHAM	Pound	21.30	3 crackers (21 g or 0.7 oz)	4.70	1 lb AP = about 64 crackers
DAIRY PRODUCTS					
CREAM Light	Quart	64.00	2 tablespoon cream	1.60	
Heavy (whipping)	Quart	128.00	1 tablespoon, whipped cream	.80	Volume doubles wher whipped
CREAM CHEESE	Pound	15.60	2 tablespoon cheese	6.40	
ICE CREAM, ICE					
MILK, SHERBET Brick	Quart	8.00	1 slice	12.50	
Bulk	Quart	0.00	1 01100	12.00	
Hardened	Gallon	32.00	½ cup	3.15	
Soft serve	Gallon	32.00	½ cup	3.15	
Container (individual)	3 fl oz cup	1.00	1 container	100.00	
MILK					
Dry Whole	Pound	14.20	1 cup reconstituted	_	18 oz (1 qt)
(regular)	T Sulla	1 1120	milk		dry + 3½ qt water = about 1 gal fluid whole milk
	Pound	3.54	1 cup dry milk	_	WHOIC IIIIK
Nonfat	D d	40.00	4 aug gaagatti.dad		14 0= /1 =1
Instant	Pound	18.20	1 cup reconstituted milk	_	14 oz (1 qt, 1-7/8 cup) dry
					+ 3 ³ / ₄ qt wat = about 1 ga
					fluid skim mi
	Pound	6.67	1 cup dry milk		
Non-instant USDA-donated (special purchase)	Pound	18.20	1 cup reconstituted milk	_	14 oz (31/3 cu) dry + 33/4 qt water = abou 1 gal fluid ski milk
	Pound	3.78	1 cup dry milk	_	

DAIRY PRODUCTS — NUTS

1. Food as purchased	2. Purchase unit	Servings per purchase unit	4. Serving size or portion	5. Purchase units for 100 servings	6. Additional yield information
MILK — Continued Evaporated	No. 10 can (97 fl oz)	12.10	1 cup concentrated milk	-	Dilute 1 part evaporated milk with 1 par water
•	13 fl oz can	1.62	1 cup concentrated milk	_	
YOGURT	8 fl oz cup	1.00	1 container yogurt	100.00	
HOMINY Canned	No.10 can (105 oz)	46.90	1/4 cup hominy	2.15	1 can = about 68 oz drained
NUTS					
ALMONDS (shelled, whole, with skins)	Pound	3.17	1 cup nuts	-	1 lb in shell = about 0.49 lb (1½ cup) nuts
BRAZIL NUTS (shelled)	Pound	3.46	1 cup nuts	-	1 lb in shell = about 0.48 lb $(1^2/3 \text{ cup})$ nuts
CASHEWS (shelled, whole)	Pound	3.34	1 cup nuts	_	
CHESTNUTS (shelled)	Pound	2.84	1 cup nuts	-	1 lb in shell = about 0.81 lb (21/4 cup) nuts
FILBERTS (shelled, whole)	Pound	3.38	1 cup nuts	-	1 lb in shell = about 0.42 lb (1-3/8 cup) nuts
MACADAMIA (shelled, whole)	Pound	3.26	1 cup nuts		1 lb in shell = about 0.35 lb (1-1/8 cup) nuts
PEANUT GRANULES	No. 10 can (56 oz)	11.90	1 cup nuts	-	
		190.00	1 tablespoon nuts	.52	
	Pound	3.41	1 cup nuts		
		54.50	1 tablespoon nuts	1.85	

NUTS — PRESERVES AND SYRUPS

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion	5. Purchase units for 100 servings	6. Additional yield information
PEANUTS, ROASTED (shelled)	No. 10 can (64 oz)	11.90	1 cup whole nuts	-	
	Pound	2.98	1 cup whole nuts	***********	
	Pound	3.15	1 cup nut halves	_	1 lb in shell = about 0.66 lb (2 cup) nuts
	Package	1.00	½ ounce nuts	100.00	
PECANS (shelled)	Pound	4.20	1 cup nut halves	-	1 lb in shell = about 0.49 lb (2 cup) nuts
PISTACHIOS (shelled, whole)	Pound	3.63	1 cup nuts	-	1 lb in shell = about 0.48 lb (1 3/4 cup) nuts
WALNUTS Black (shelled)	Pound	3.59	1 cup chopped nuts	-	1 lb in shell = about 0.22 lb (3/4 cup) nuts
English or Persian (shelled)	Pound	4.54	1 cup nut halves	-	1 lb in shell = about 0.46 lb (2 cup) halves
PRESERVES AND SYRUPS				-	
HONEY, STRAINED	Pound	1.40	1 cup honey	, -l	
		22.30	1 tablespoon honey	4.50	
JAMS	Gallon (about 181 oz)	16.00	1 cup jam	-	
		256.00	1 tablespoon jam	.39	
	Pound	1.42	1 cup jam	_	
		22.60	1 tablespoon jam	4.45	
JELLIES	Gallon (about 173 oz)	16.00	1 cup jelly	-	
		256.00	1 tablespoon jelly	.39	
	Pound	1.48	1 cup jelly	-	
		23.70	1 tablespoon jelly	4.25	

PRESERVES AND SYRUPS — SNACK CHIPS AND STICKS

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit		5. Purchase units for 100 servings	6. Additional yield information
PRESERVES	Gallon	16.00	1 cup preserves	_	
		256.00	1 tablespoon preserves	.39	
SYRUPS Cane	Gallon (about 183 oz)	16.00	1 cup syrup	_	
	,	128.00	2 tablespoon syrup	.78	
	Pound	1.40	1 cup syrup	_	
Maple	Gallon (about 178 oz)	16.00	1 cup syrup	-	
		128.00	2 tablespoon syrup	.78	
	Pound	1.44	1 cup syrup	_	
Molasses	Gallon (about 174 oz)	16.00	1 cup syrup	. <u> </u>	
		128.00	2 tablespoon syrup	.78	
	Pound	1.47	1 cup syrup	· ·	
SALAD DRESSINGS				-,	
FRENCH, MAYONNAISE, MAYONNAISE-TYPE	Gallon	16.00	1 cup dressing		
	Quart	64.00	1 tablespoon dressing	1.60	
SNACK CHIPS AND STICKS					
CORN CHIPS	Pound	21.30	3/4 ounce chips (about 1/2 cup)	4.70	
	Package	1.00	¾ ounce chips	100.00	
CHOW MEIN NOODLES	Pound	17.40	½ cup noodles	5.75	
POTATO CHIPS	Pound	32.00	½ ounce chips (about ½ cup)	3.15	
	Package	1.00	½ ounce chips (about ½ cup)	100.00	

SNACK CHIPS AND STICKS — VEGETABLES FOR SEASONING, DRY

Other Foods				G a2,	
1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion	5. Purchase units for 100 servings	6. Additional yield information
POTATO STICKS	Pound	32.00	½ ounce sticks (about 3/8 cup)	3.15	
VEGETABLES FOR SEASONING, DRY					
CELERY (flakes)	Ounce	1.35	1 cup dry flakes	-	For flavor, use 1 oz dry in place of 11.3 oz (2 ² / ₃ cup) fresh chopped celery
	Pound	21.60	1 cup dry flakes	_	
CHIVES (freeze-dried flakes)	Ounce	2.89	1 cup flakes	-	For flavor, use 1 oz dry in place of 14.7 oz (82/3 cup) fresh chopped chives
	Pound	46.20	1 cup flakes	_	
GARLIC (minced)	Ounce	2.62	1 tablespoon garlic	-	For flavor, use 1/4 tsp dry in place of 2 cloves fresh minced garlic
	Pound	42.00	1 tablespoon garlic	_	
MIXED VEGETABLES (flakes)	Ounce	7.27	1 tablespoon flakes	-	
	Pound	7.82	1 cup flakes	_	
ONIONS Chopped	Ounce	6.03	1 tablespoon onions	-	For flavor, use 1 oz dry in place of about 9.1 oz (1½ cup fresh chopped
		F. 6.4			onion
Minced	Pound Ounce	5.21 6.03	1 cup onions1 tablespoon onions		
Williced	Pound	4.54	1 cup onions	-	

VEGETABLES FOR SEASONING, DRY — YEAST

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit		5. Purchase units for 100 servings	6. Additional yield information
ONIONS — Continued					
Flakes	Ounce	6.03	1 tablespoon flakes	-	
	Pound	7.69	1 cup flakes	-	
PARSLEY (flakes)	Ounce	21.80	1 tablespoon flakes	-	For flavor, use 1 oz dry in place of about 2.9 oz (4 cup) fresh chopped parsley
	Pound	20.60	1 cup flakes	1	
PEPPER, GREEN (flakes)	Ounce	11.30	1 tablespoon flakes	-	For flavor, use 1 oz dry in place of about 8.8 oz (1 ² / ₃ cup fresh chopped green pepper
	Pound	11.30	1 cup flakes	_	
YEAST					
ACTIVE DRY	Pound	3.19	1 cup yeast) -	
	1 package (¼ oz)	1.00	1 tablespoon yeast	-	1 package = about 1 tablespoon
COMPRESSED	Pound	25.20	1 cake yeast	_	1 cake = 1 package (1/4 oz active dry yeast
	1 cake (5/8 oz)	_	As needed	_	



COMMERCIALLY PREPARED FOODS AND CHILD NUTRITION (CN) LABELING

- 121 Commercially Prepared Foods that Meet Meal Requirements for the National School Lunch and School Breakfast Programs
- 121 What Is a CN Label?
- 121 Which Products Do and Do Not Need CN Label Statements?
- 122 What Does a CN Label Statement Include?
- 122 Sample of CN Label Statements
- 122 Why Should You Purchase Foods With CN Label Statements?

Section 6, Commercially Prepared Foods That Meet Meal Requirements

A commercially prepared meat, poultry, or fish product, such as a meat patty, pizza, fish portion, or burrito, may provide all or part of a meal component. It may also be counted toward more than one meal component as required by the National School Lunch or School Breakfast Programs. You must know what raw food items in what quantity go into a food to determine the contribution the finished product makes toward the meal requirements. When you prepare food in your school, you should keep accurate production records so that you can determine how to credit the product. But it is nearly impossible to tell the amount of any raw ingredient in a commercially prepared product, unless the kind and amount of ingredients used are shown. This is where a Child Nutrition (CN) label will help.

What Is a CN Label?

The CN label is a special statement on commercially prepared foods which lists the product's contribution toward program requirements. This label statement may appear on a product only after approval from the Nutrition and Technical Services Division, Food and Nutrition Service (FNS), U.S. Department of Agriculture (USDA). This approval is based on a review by FNS of the formulation of the product. Inspectors from the USDA or U.S. Department of Commerce (USDC) observe whether the product is manufactured in accordance with the approved formulation and procedure. You must remember that the CN label statement is not an assurance of product quality. Nor is it an endorsement of the product by USDA. It tells you how the product can be credited in a meal to meet the requirements for reimbursement in the Child Nutrition Programs.

Which Products Do and Do Not Need CN Label Statements?

Most items do not need CN label statements because their contribution to meals served in Child Nutrition Programs can easily be determined. Examples of products for which the CN label is unnecessary are full-strength juices, pancakes, bread, oranges, fresh or frozen chicken and turkey parts, bulk ground beef, and similar items. (See data in this *Food Buying Guide* for yield information.) Some products cannot have approved CN label statements because the cooking yield information is incomplete, there is no standard for one or more of the ingredients, or an existing Standard of Identity is inadequate for crediting purposes. Examples of these are chicken frankfurters and luncheon meats (except bologna). Standards for food products are established by the Food and Drug Administration, U.S. Department of Health, Education, and Welfare; Food Safety and Quality Service, USDA; and National Marine Fisheries Service, USDC.

Products on which the CN label statement is desirable are those which contain a combination of food items that cannot easily be separated or identified at the point of purchase. Examples of these are pizzas, burritos, lasagna, 50-percent juice drinks, and frozen juice products.

What Does a CN Label Statement Include?

A CN label statement will always contain the following information:

- The weight or volume of a portion if the food item is preportioned.
- The contribution a given amount of the food item makes toward the meal requirements.
- The date that the product's CN label was approved.

Sample of a CN Label Statement

The following figure shows a sample of a CN label as it may appear on a case of pizza. The weight of each portion (5.00 oz) and the contribution the food makes toward the meal requirement (2.00 oz equivalent meat/meat alternate and a serving of bread) appears at the top of the label.

The date the product was reviewed and approved, January 1980, also appears. This date should not be confused with a pack date which tells when the product was made.

All CN label statements will not be identical. However, they must include all the information above regarding the product's contribution to the meal pattern requirement and date of approval.

Why Should You Purchase Foods with CN Label Statements? The label tells you the contribution a product makes toward meeting the meal pattern requirement and assures you that the product was manufactured under USDA or USDC inspection. It also protects food service managers and directors from exaggerated claims.

A pizza product may meet part or all of the requirements for the meat/meat alternate and bread/bread alternate components. If you prepare pizza at your school using USDA school lunch recipes, the production record should show the ingredients which contribute to the requirements. If you buy pizza as a prepared item, you may be unable to determine the product's actual contribution to the meal requirements. The CN label was established to enable you to purchase prepared products wisely in a competitive market.

To date, the CN labeling process has been applied to a relatively small number of products for which reliable yield data are available. Data are currently being collected on more products, and the scope of products that can be approved for CN label statements is continually growing.

Brand 'X' 5.00 oz. Pizza with Ground Pork and Textured Vegetable Protein (containing 1.26 ozs. equivalent cooked meat, 0.75 ozs. cheese and 1.50 ozs. enriched pizza crust), provides 2.00 ozs. equivalents meat/meat alternate and a serving of bread for Type A Pattern Requirements. (January 1980)

BRAND 'X'

U.S.
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE
EST. 38

PIZZA with GROUND PORK and TEXTURED VEGETABLE PROTEIN

INGREDIENTS: Crust: enriched wheat flour, water, oil, yeast, dextrose, salt, leavening; Pizza Topping: Ground Pork (no more than 26% fat), water, textured vegetable protein (Soy flour, Caramel coloring, Dicalcium Phosphate, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Pyrodoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Cobalamin), Salt, sugar, dextrose, oregano, garlic powder; Sauce: Tomatoes, water, dextrose, food-starch modified, oil, salt, paprika, xanthan gum, spices, garlic powder, onion powder; Cheese Topping: Low-Moisture Part-skim Mozzarella cheese

Contains:

Mfd. by:

96 Pizzas

'X' COMPANY

4" x 6" each

General Office

5.00 ozs. each

Emerald City, Oz 12345

KEEP FROZEN

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